






My Constipation Evacuation Plan

Patient Name: _____
 Date of Birth: _____ Today's Date: _____ Discharge Weight(kg): _____
 Outpatient Pediatrician: _____ Specialist: _____

Age 2-5 years (~10-20 kg)	Treatment
After Discharge/Disimpaction	<input type="checkbox"/> Miralax 1/2 cap (8.5 g) twice a day in 4 oz fluids for 3-6 days <input type="checkbox"/> Review "The Poo in You" Educational Video and GIKids Resources
Good/Maintenance  <ul style="list-style-type: none"> ● eating well ● normal play ● no belly pain ● 1 soft poop/day ● clean underwear 	<input type="checkbox"/> Miralax 1/2 cap (8.5 g) once a day for 1 -2 months <input type="checkbox"/> Lactulose 15 -30 mL (10 - 20 g) once a day for 1-2 months <input type="checkbox"/> Schedule toilet time 3 times or more per day <input type="checkbox"/> Fiber: at least 7-15 g once a day (diet, gummy, Benefiber, Metamucil) <input type="checkbox"/> Drink 5 - 7 cups (40 - 56 oz) of water every day
Bad  <ul style="list-style-type: none"> ● eating less ● playing less ● some belly pain ● no poop in 3 days ● poop streaks <p>If no poop in 24-48 hours, move to the "Worse" section.</p> 	<input type="checkbox"/> Miralax 1/2 cap (8.5 g) twice a day for no more than 2 weeks <input type="checkbox"/> Lactulose 10 -20 mL (10 - 20 g) twice a day for no more than 2 weeks <input type="checkbox"/> Magnesium hydroxide (Milk of Magnesia) 5 - 15 mL (0.4 - 1.2 g) once a day for no more than 2 weeks <input type="checkbox"/> Senna 4.3 mg (1/2 tablet) = 2.5 - 3.75 mL (4.4 - 6.6 mg liquid) once a day for no more than 2 weeks <input type="checkbox"/> Bisacodyl 5 mg (1 tablet) once a day for no more than 2 weeks
Worse  <ul style="list-style-type: none"> ● not eating ● not playing ● more belly pain ● bigger belly ● bloating ● pooping hurts ● poop accidents 	<input type="checkbox"/> Contact Provider/Specialist: Name: _____ Number: (____) ____ - ____ <input type="checkbox"/> Suppository/Enema: _____ <input type="checkbox"/> Start "Clean Out" with bland or clear fluid diet
Clean Out  <ul style="list-style-type: none"> ● continue until stools clear/yellow ● notify provider if abdominal pain 	<input type="checkbox"/> Miralax 4 g/kg/day = ____ cap(s)/day for 1 day , each in 8 oz of fluids <input type="checkbox"/> Miralax 2 g/kg/day = ____ cap(s)/day for 2 days , each in 8 oz of fluids <input type="checkbox"/> Senna 4.3 mg (1/2 tablet) = 2.5 - 3.75 mL once before Miralax <input type="checkbox"/> Other: _____

Parent: _____ Provider: _____ RN Initial: _____