## Constipation take home management plan

**Affix patient sticker here**

**Print 2 copies – one for the patient and one for medical records**

All of the things you need to do in this management plan have an arrow in front of them like this:

🡺 **The instruction will be written here**

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| Initial medication(s) for 3 to 5 days |
| Starting date: Click here to enter a date.  |
| 🡺 Day 1: Choose an item. |
| 🡺 Day 2: Choose an item |
| 🡺 Day 3: Choose an item |
| 🡺 Day 4: Choose an item |
| 🡺 Day 5: Choose an item |
| NB: Movicol dosage is based on ADULT sachets. |
| How long to give initial medication(s) to your child: |
| 🡺 A. If your child has a good result (i.e. passes significant amount of stool, not just a few small pebbles) move onto maintenance medication(s) as described below. |
| 🡺 B. If your child has no result, then only continue the medications for around 3-5 days maximum, and make an appointment to see your GP. |

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| Maintenance medication(s) |
| Maintenance medications are for children who have had a good result with the initial medications:  |
| 🡺 Choose an item. |
| 🡺 Choose an item. |
| 🡺 Choose an item. |

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| Follow up for your child |
| Please choose:  |
| 🡺 Choose an item. |

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| Some further advice about constipation |
| * Your child needs to take laxative medicine(s) to help their bowel work normally. Often this laxative medicine(s) needs to be taken regularly for some time (often several months) before your child’s bowels return to normal.
* Increasing the fibre in your child’s diet can help.
* Encouraging fruits or juices containing ‘sorbitols’ (stool softener) is also worth trying. Prunes, pears, apples and white grapes all contain sorbitols.
* It may be useful to schedule going to the toilet twice a day for 5 to 10 minutes after each meal.
* A consistent, positive, supportive attitude from you can be a real help to your child.
* Reward and encouragement systems may also be a useful approach.
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