

3. Bowel Training

😊 Success is a regular bowel pattern

This is done in 2 ways

▪ Sitting on the toilet regularly, even when stool isn't passed

✓ Your child **must** sit on the toilet for 5 mins, four times per day

- After breakfast
- After school
- After dinner
- Before bed

✓ Put a footstool under the child's legs to prevent them dangling



▪ Star Chart – make a chart for the days of the week and give your child a star for each of the following

- ✓ Reporting soiling
 - ✓ Sitting on the toilet
 - ✓ Passing poop in the toilet
 - ✓ Taking movicol/liquid paraffin/lactulose
 - ✓ Washing Hands
- ✓ Give a small reward (not food) when they reach their goal number of stars. Agree the number of stars needed with your child.

The use of enemas or suppositories is not routinely recommended in children

We advise that the content of this leaflet be discussed with your GP/ Practice Nurse.

Developed by Children's Emergency Dept & Medical Photography and Illustration

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For Review 2010

Patient Information Leaflet

Constipation Information Leaflet



The Adelaide and Meath Hospital, Dublin Incorporating the National Children's Hospital



Constipation is difficulty passing stool

Signs and symptoms

- Irregular and hard poop
- Blood in the poop or on wiping
- Holding on or straining to pass poop
- Soiling = overflow of watery stool around the hard impacted poop caused by constipation. Children don't usually feel this!
- Crampy tummy pain
- Loss of appetite



Treatment

1. Bowel clear out

😊 Success is passing large amounts of poop

- Give DULCOLAX for 3-5 mornings in a row (1 tab <6 years, 2 tabs >6 years)

OR

- Use MOVICOL Paediatric Sachets (on prescription)

- Once **bowel clear out** has been achieved move on to the prevention doses

	2-4 years	5-11 years
Day 1	2 sachets	4 sachets
Day 2	4	6
Day 3	4	8
Day 4	6	10
Day 5	6	12
Day 6	8	12
Day 7	8	12

If paediatric Movicol is not available, use adult formulation and half the dose

2. Preventing recurrence

😊 Success is passing soft, non-painful stools

- For children under 1 year use LACTULOSE starting at 5mls/day

- For children over 1 use LIQUID PARAFFIN starting at 20mls/day

OR

MOVICOL paediatric sachets starting at 1-2 sachets/day

