

## **Suburban Pediatrics, Inc.**

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# **Constipation Plan**

### **Dietary Plan**

Regular diet, including 2-4 servings of high fiber foods such as whole grains (wheat and bran,) fruits, vegetables, and juice, especially prune juice.

### **Instructions for Managing Constipation**

#### **Maintenance Regimen:**

- A. Give one capful of Miralax in 4-8 ounces of water, milk or juice by mouth once per day. Do not mix in carbonated beverages.
- B. Give the medication at about the same time each day to establish a regular pattern.
- C. Remind your child to try and use the toilet twice each day.
- D. Have your child use the toilet right after meals since this is the best time to pass stools.
- E. Support your child's feet with a step stool if his or her feet do not reach the floor. This foot support helps the child use the muscles needed to push stool out of the body.
- F. Help the child push with his or her belly muscle by placing your hand on the belly and having them push their belly against your hand.

#### **Reduction Regimen (to begin weaning the Miralax after 1 month)**

- A. Give the full dose of medicine 5 days a week (Monday, Tuesday, Wednesday, Friday, and Saturday)
- B. Give the full dose of medicine 4 days a week (Monday, Wednesday, Friday, and Sunday)
- C. Give the full dose of medicine 3 days a week (Monday, Wednesday, and Friday)
- D. Give the full dose of medicine 2 days a week (Monday and Thursday)
- E. Give the full dose of medicine on Monday
- F. If your child produces stools less than 3 times per week restart the Maintenance Regimen.

Schedule a follow-up appointment in 1 month.