

CONSTIPATION – Step 1: Clean out:

The first step to treating constipation is a good clean out.

1. Choose an over the counter STIMULANT laxative and follow the directions on the package for your child’s age and weight. A few examples are:
Magnesium citrate (liquid)
Fletchers (liquid)
Milk of magnesia (liquid, chewables)
Little Tummys (liquid)
Dulcolax (pills, *Ex Lax*)
Senekot (pills, *Smooth Move Tea*)
Pedialax stimulant laxative
(chewables, tongue strips)
Bisacodyl (pills)

2. Do a clean out when there is access to a bathroom for 24-48 hours.

3. The goal is to have several bowel movements that are loose or watery.

4. Start on Friday if your child is in school. Give the first dose on Friday afternoon or evening and the second dose on Saturday morning if needed.

5. If there is no bowel movement after 2 doses of the laxative, try a Fleet enema or a glycerin suppository.

6. REPEAT THE ABOVE 1 WEEK LATER AND THEN ONCE MONTHLY FOR 3-6 MONTHS.

NOTES: _____

CONSTIPATION – Step 2: Maintenance

After a clean out, keep bowel movements soft and regular.

1. Encourage your child to sit on the toilet after meals to try and pass a bowel movement. Use a stool for support if your child’s feet do not touch the floor.

2. Increase dietary fiber. New guidelines recommend the following:

- Children 1-3 years: 19 grams
- Children 4-8 years: 25 grams
- Girls 9-13 years: 26 grams
- Boys 9-13 years: 31 grams
- Girls 14-18 years: 29 grams
- Boys 14-18 years: 38 grams

3. The best way to increase fiber intake is by eating more fruits, vegetables, whole grains, or supplemented foods such as those available by *Fiber One*. Use fiber supplements such as *Metamucil*, *Citrucel*, *Benefiber*, *Fiber Choice*, *Pedialax Fiber Gummies*, etc if your child does not eat many fiber-rich foods. Prunes or flax seeds (whole or ground) can also help with constipation.

4. Glycolax (available as brand name *Miralax* and generic) powder:

Mix _____ capful in _____ ounces of water or juice and take once a day. If stools are loose, cut back to half the dose or use only every other day. If stools are too hard or not daily, increase the dose or give twice daily.

Miralax can be found in most major drug or grocery stores. CVS, Walmart, and Target offer generic brands, and stores like BJ’s, Costco, and Sam’s Club sell large bottles at a discounted price. Coupons for *Miralax* may available online at www.miralax.com.



W.A.S.H. CLINIC

Wetting And Soiling Help

Division of Urology
Children’s National Medical Center
111 Michigan Avenue, NW
Washington, DC 20010
Fax Number: (202) 476-4739

- Naida Kalloo MD
- Christine Danielson CPNP
- Mary Micker CPNP
- Nicole Allentuck RN
- Doris Carlson RN
- Gloria Mims RN

<http://childrensnational.org>

Appointments are available at:
CNMC – Main Campus, Washington, DC
Annapolis Regional Outpatient Center
CNSV, Fairfax, Virginia
Frederick Regional Outpatient Center
Laurel Lakes Regional Outpatient Center
Shady Grove Regional Outpatient Center
Upper Marlboro Regional Outpatient Center

For Fairfax appointment call: (571) 766-3000
For all other locations call: (202) 476-5042

There are many causes of wetting and soiling problems in children. After the right diagnosis and treatment for your child is made, it is important to CONSISTENTLY follow the directions you are given. Certain x-rays or studies may be needed. The treatment may take several months before symptoms get better. Sometimes lifelong changes in habits may be necessary. We understand this may not be easy.

Participation and support from parents and other adults in the child's life are very important. Praise your child when they take part in treatment. It is not easy to change habits.

We strongly recommend your child have an alarm watch to follow the timed voiding and drinking schedule. Watches are available at:

PottyMD 877-768-8963
Bedwetting Store 800-214-9605

PottyMD offers a watch at a discounted price for families in need of financial assistance. Please talk to your child's nurse practitioner or doctor if you would like a prescription.

For success at school, schedule a conference with the staff so they know about the importance of timed voiding and drinking during the school day. We can give you a note to give to the school staff.

There is useful information about wetting and soiling available on the internet. A few recommended websites are:

www.pottymd.com
www.bedwettingstore.com
www.pedia-lax.com

DRINKING:

Drink _____ ounces of water or 100% juice* every 2 hours during the day, especially at school.

LIMIT DRINKS THAT ARE NOT WATER OR 100% JUICE. This includes *Sunny D, Capri Sun, Kool-Aid, Fruit-flavored water, Crystal Light, Hawaiian Punch, Gatorade, etc.* These fluids may irritate the bladder.

**The American Academy of Pediatrics recommends limiting the daily amount of 100% juice children drink to:
4-6 ounces for children 1 - 6 years old
8-12 ounces for children 7 -18 years old*

CUT OUT CAFFEINE! It may lead to going to the bathroom frequently and wetting the bed. Avoid soda and other drinks or foods with caffeine including sports drinks, tea, coffee, chocolate milk, and chocolate candy.

Take small water bottles or juice boxes to school and when away from home. OR, use a larger water bottle and mark it with a marker or tape to show your child how much to drink every 2 hours.

Children involved in sports should increase fluid intake a few hours BEFORE and DURING physical activity.

Stop drinking 2 hours before bedtime. Drinking too much fluid in the afternoon and evening can lead to bedwetting.

VOIDING (PEEING):

Go to the bathroom immediately after waking up in the morning and every 2 hours during the day until bedtime.

Girls should sit with feet supported on a stool, underwear at the ankles, knees wide open, leaning forward with elbows resting on the knees.

Girls may also sit backwards on the toilet resting the elbows on the tank.

Boys should pull pants and underpants down to the thighs before going to the bathroom.

BOWEL MOVEMENTS (POOP):

Constipation can cause urinary tract infections, frequency, urgency, penile/vaginal pain, and day or night wetting. Bowel movements should be soft, every day, or every other day without straining. If bowel movements are small and hard like marbles and meatballs, or large and hard to pass, your child may need treatment. Milk and other dairy products can cause constipation. It may be necessary to limit dairy to 1-2 servings or less per day. This includes milk, yogurt, cheese, and ice cream. Meeting with a nutritionist or dietician can also help with long term dietary changes.

NOTES: _____
