



4171 Westport Road
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www.eastlouisvillepediatrics.com

Home Treatment for Constipation

What is constipation?

Constipation is a very common pediatric medical problem that involves a decrease in the numbers of stools compared to a child's normal pattern, having large diameter, dry bowel movements, and/or straining and having a difficult time pushing out a stool.

*To find more information regarding constipation in young children, visit our website

www.eastlouisvillepediatrics.com.

Diet Treatment for Infants (Less than 1 year old)

- ✓ Give pear or prune juice (to babies older than 1 month of age). Begin with 1-2 tsp per day and increase by 1 tsp daily until you get soft stools or you reach 2 ounces juice daily.
- ✓ If the baby is older than 4 mos, offer strained prunes and other high fiber foods, such as pears, peaches, peas, oatmeal cereal, beans, spinach. Begin with 1 tsp and increase to ½ jar daily.
- ✓ Avoid/limit carrots, squash, bananas and apples, as these can make constipation worse.

Diet Treatment for Older Children (Older than 1 year old)

- ✓ Make sure your child eats 5 servings of fruits and vegetables daily (fresh fruits are best, with peels on if appropriate). See back of sheet for examples of good food choices. Make sure the foods you choose are size and texture appropriate for your child and are not choking hazards.
- ✓ Increase bran because it is a natural stool softener because of its high fiber content. Examples are natural cereals, unmilled bran, bran flakes, bran muffins, shredded wheat, graham crackers, oatmeal, brown rice and whole wheat bread. Try to find healthy high fiber snacks. Popcorn is a great choice if age appropriate.



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- ✓ Decrease amounts of constipating foods such as milk, ice cream, yogurt, cheese and cooked carrots. Make sure that if you are limiting dairy you are still giving a multivitamin to maintain good levels of calcium and vitamin D.
- ✓ Increase the amount of water that your child drinks daily.
- ✓ May sure that your child is getting enough exercise. The recommended daily amount is 1hr per day 7 days per week.

Sitting on the Toilet

- ✓ Encourage regular bowel patterns by having the child sit on the toilet for 10 minutes after meals. Try to make this time pleasant and do not criticize or scold if the child is unable to go.
- ✓ If the child is in the process of toilet training and is having a hard time with constipation, stop potty training for a while and put the child back in diapers or pull-ups.

Medical Management of Constipation

In addition to the dietary and environmental changes we suggest above, we may also recommend medication to help alleviate your child's constipation. One of the most common medications that we use is called Miralax. We begin with the following doses of Miralax based on age and then titrate as needed every 3-5 days until your child has very soft stools 1-2 times per day. We will let you know how long to keep your child on the medication, as well as discuss how to wean them off of the medication. Give a dose of Miralax 1 time each day. Mix Miralax in with water or juice. The juice does not have to be clear.

- ✓ Children under 5 years old — Give 1 teaspoon mixed into 1/2 to 3/4 of a cup of water or juice
- ✓ Children 5 to 12 years old — Give 2 teaspoons mixed in 3/4 of a cup of water or juice
- ✓ Children 12 years old and older — Give 1 heaping tablespoon mixed in 1 cup of water or juice.



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Other medications to be used are as follows:

Please call our office if you have any additional questions.

Please see attached sheet for great recommendations regarding fiber-containing foods.