

## Constipation in Children (age 3 and up)

### Recommendations:

1. Dietary changes:
  - Increase these foods to relieve constipation:  
water, pears, apricots, peaches, oatmeal, prunes, figs, brown rice, lettuce, spinach, wheat pasta, wheat bread, bran, beans, peas, plums, raisins, dates, broccoli, cabbage
  - Limit these foods until constipation subsides:  
Milk, cheese, yogurt, potatoes, bananas, rice, ice cream, cooked carrots, white bread, non-wheat crackers and pasta, applesauce
2. Encourage the establishment of a regular bowel pattern by having your child sit on the toilet for 10 minutes after each meal.
3. Have your child exercise for a minimum of one hour each day.
4. At times the bowel gets so backed up that a “clean out” is necessary. If recommended by your provider give the following dose of Miralax according to your child’s weight:

<22 lbs:	Give 1/3 capful Miralax, 3 times each day for 2 days.
23-44 lbs:	Give ½ capful Miralax, 3 times each day for 2 days.
45-55 lbs:	Give ¾ capful Miralax, 3 times each day for 2 days.
56-99 lbs:	Give 1 capful Miralax, 3 times each day for 2 days.
≥100 lbs:	Give 1½ capful Miralax, 3 times each day for 2 days.

([www.choc.org](http://www.choc.org))

5. Following clean out, give same dose one time each day (instead of 3) for maintenance.
6. Watch the You Tube video: “Poo in You” – Constipation and Encopresis Education  
[https://m.youtube.com/watch?v=SgBj7Mc\\_4sc](https://m.youtube.com/watch?v=SgBj7Mc_4sc)
7. Call our office if your child does not respond to the above treatment plan, has severe abdominal or rectal pain, abdominal distention or any other symptoms that concern you.