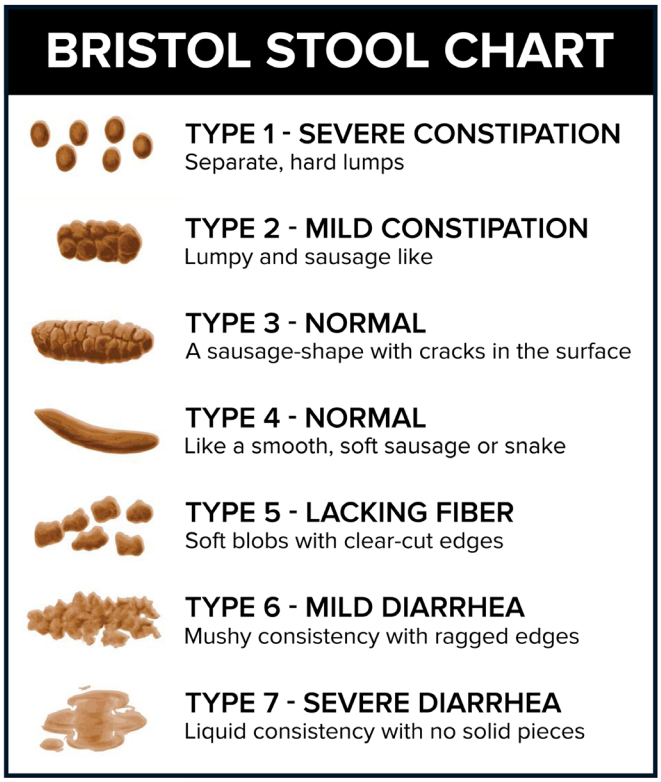
Constipation in Children



- Constipation is very common in children and most of them outgrow it as they get older.
- A constipated child has infrequent, hard, dry and painful bowel movements like type 1-2 on the Bristol chart.
- Most common cause is withholding their stools.
- Early toilet training and change in diet can also cause constipation.





How can you help your child?

You can certainly support and help your child in a number of ways. It is important that you encourage your child to go and sit on the toilet/potty after meals if they are the right age to do this.
Some children benefit from using star charts as a reward system. Plenty of fluid and exercise will also help and you might find that talking to school about what is happening or what your child is going through.

One of the most common medication which helps is **Movicol/Laxido Paediatric Sachets.**

- It comes in sachets. Each sachet should be dissolved in 62.5ml (1/4 of a glass) of water.
- There are 2 Regimes
  - Disimpaction regime
  - Maintaince regime



Disimpaction regime (clearing out the bowel by removing the stool from the colon / large bowel).

A course of treatment with Movicol Paediatric Plain is as follows:

	Day1	Day 2	Day 3	Day 4	Day 5	Day 7	Day 8
Child <1 yr	½-1	½-1	½-1	½-1	½-1	½-1	½-1
Child 1-5 yr	2	4	4	6	6	8	8
Child 5-12yr	4	6	8	10	12	12	12
	Children over 12 should be treated with adult preparation						
Child over 12	4	6	8	8	8	8	8

Increase the number of sachets until your child has a soft bowel movement.
If the dose does need increasing, this should be done every 2 days.
The daily number of sachets should be taken in divided doses, over a period of 12 hours (e.g. 8am – 8pm). You can titrate the dose of movicol up and down according to the stool type. You should aim for stools Type 3-4 according to the Bristol stool chart.

Treatment should be continued until your child is cleared out and passing a loose stool (type 6 on the 'Bristol Stool Chart') with no soiling in between – this is usually at a dose of 4-6 sachets, although very occasionally a higher dose is needed (up to eight for age 1-5 years and 12 for children over five years).

Treatment should be changed to maintaince regime thereafter as below.

Maintaince regime:

Child <1 year	½-1 sachet/day
Child 1-5 yr	½-3 sachets/day
Child 5-12yr	1-4 sachets/day
Child over 12	2-4 paediatric sachets/day

You can mix Movicol with any drink, including warm drinks. Some children like it in jelly and yoghurts. There should be different flavour to select from - chocolate, vanilla.

Reference

https://www.eric.org.uk
NICE
Medicines for children.org.uk

If you have any comments about this leaflet or the service you have received you can contact :

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01422 223277

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

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"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم المذكور أعلاه"