

<b>Date</b>	
<b>Completing doctor</b>	
<b>Treating facility</b>	

*Patient Sticker*

## Constipation Treatment Plan

Constipation in children is managed with medication and sitting practice.

### Medication

**Disimpaction Treatment**

Add ..... scoops of Osmolax to your child's drink 2 times a day for.....days.

See your GP in 3 - 5 days to check that the treatment has worked.

**Maintenance Treatment**

Add ..... scoops of Osmolax to your child's drink once a day.

Adjust the dose up or down by ¼ of a scoop until you find the dose that makes the stool as soft as wet cement (or like porridge).

Continue at that dose until you next GP appointment in 7 -10 days.

### Sitting Practice

Your child should sit on the toilet and attempt defecation for 3 minutes, 15 minutes after breakfast, lunch (or afternoon tea for school children) and dinner.

Use a calendar or star chart to follow progress.

### Other medications

Movical is another medication that can be used to treat constipation. It is flavoured.

1 small scoop of Osmolax is equal to 8.5g Movicol

1 large scoop (adult dose) is equal to 17g of Movicol

### Further information

See the Constipation Factsheet on the CHQ Website ([www.childrens.health.qld.gov.au/](http://www.childrens.health.qld.gov.au/))

In an emergency always call 000 immediately. Otherwise, contact your local doctor or visit your nearest hospital emergency department. For telephone advice call 13Health and ask for a Child Health Nurse (13 43 2584, 24 hours a day, anywhere in Queensland).