

**PCP Constipation
Referral Checklist**

Patient Name _____
Date of Birth _____

Red Flag(s) present? (check all applicable answers below)

- | | |
|--|---|
| <input type="checkbox"/> Age < 1 month | <input type="checkbox"/> Perianal fistula |
| <input type="checkbox"/> Meconium > 48 hours | <input type="checkbox"/> Abnormal position of anus |
| <input type="checkbox"/> Family history of Hirschsprung's | <input type="checkbox"/> Absent anal or cremasteric reflex |
| <input type="checkbox"/> Ribbon stools | <input type="checkbox"/> Decreased lower extremity strength/tone/reflex |
| <input type="checkbox"/> Blood in the stools in absence of anal fissures | <input type="checkbox"/> Tuft of hair on spine |
| <input type="checkbox"/> Failure to thrive | <input type="checkbox"/> Sacral dimple |
| <input type="checkbox"/> Biliious vomiting | <input type="checkbox"/> Gluteal cleft deviation |
| <input type="checkbox"/> Abnormal thyroid gland | <input type="checkbox"/> Extreme fear during anal inspection |
| <input type="checkbox"/> Severe abdominal distension | <input type="checkbox"/> Anal scars |

Osmotic AND Stimulant laxatives used for **≥ 1 month?** (check all that apply)

Osmotic laxatives: Miralax Lactulose/Kristalose Milk of Mag

Stimulant laxatives: Exlax Senna Dulcolax

Other: _____

Clean out attempted? If yes, check indication below

- soiling (encopresis) impaction suspected
 colonic reset needed

Other: _____

Clean Out Regimen Options (*Goal: transparent liquid stools without sediment*)

- | | | |
|------------------|-----------------------------|---|
| Option 1: | <i>Enemas Only:</i> | <u>Age < 2 y/o:</u> Peds Fleets enema daily x 3 days; <u>Age > 2 y/o:</u> Adult fleets enema daily x 3 days; may need 1-2 additional days |
| Option 2: | <i>Enemas + Miralax:</i> | Mineral oil enema, Fleets enema followed by Miralax q 30 min to 1 hour for 4 hours |
| Option 3: | <i>Oral laxatives only:</i> | 8 am to 8 pm, clear liquid diet (eat BF before 8 am, dinner after 8 pm)
<u>0800 and 2000:</u> dulcolax/senna + miralax; <u>1000, noon, 1400, 1600, 1800:</u> miralax only (*max of 2 consecutive days) |
| Option 4: | <i>Oral laxatives only:</i> | Senna + Miralax + Senna (over 2 hours). 1 day only |

Helpful Links

PCP Constipation Referral Checklist

<https://www.childrensal.org/patient-referral>

Naspghan Constipation Care Package

https://naspghan.org/files/documents/pdfs/medical-resources/Constipation_Care_Package.pdf

GiKids.org Constipation Care Package

<https://gikids.org/constipation/complete-constipation-care-package/>

Miralax handout for families

https://www.gikids.org/files/PEG_3350_FAQ_formatted.pdf

Laxative Dosing Guideline

Oral laxatives	Dosages
Osmotic laxatives	
Lactulose	1–2 g/kg, once or twice/day
Miralax (PEG or polyethylene glycol)	Maintenance: $0.2\text{--}0.8\text{ g} \cdot \text{kg}^{-1} \cdot \text{day}^{-1}$ Fecal disimpaction: $1\text{--}1.5\text{ g} \cdot \text{kg}^{-1} \cdot \text{day}^{-1}$ (with a maximum of 6 consecutive days)
Milk of magnesia (magnesium hydroxide)	2–5 y: 0.4–1.2 g/day, once or divided 6–11 y: 1.2–2.4 g/day, once or divided 12–18 y: 2.4–4.8 g/day, once or divided
Fecal softeners	
Mineral oil	1–18 y: $1\text{--}3\text{ mL} \cdot \text{kg}^{-1} \cdot \text{day}^{-1}$, once or divided, max 90 mL/day
Stimulant laxatives	
Bisacodyl	3–10 y: 5 mg/day >10 y: 5–10 mg/day
Senna	12 mo–6 y: 2.5–5 mg once or twice/day 6–12 y: 7.5–10 mg/day >12 y: 15–20 mg /day
Sodium picosulfate	1 mo–4 y: 2.5–10 mg once/day 4–18 y: 2.5–20 mg once/day
Rectal laxatives/enemas	
Bisacodyl	2–10 y: 5 mg once /day >10 y: 5–10 mg once /day
Sodium docusate	<6 y: 60 mL >6 y: 120 mL
Sodium phosphate NaCl	1–18 y: 2.5 mL/kg, max 133 mL/dose Neonate <1 kg: 5 mL, >1 kg: 10 mL >1 y: 6 mL/kg once or twice/day
Mineral oil	2–11 y: 30–60 mL once/day >11 y: 60–150 mL once/day