#### 3. Bowel Training

Success is a regular bowel pattern

#### This is done in 2 ways

 Sitting on the toilet regularly, even when stool isn't passed

 $\checkmark$  Your child **must** sit on the toilet for 5 mins , four times per day

- After breakfast
- After school
- After dinner
- Before bed

✓ Put a footstool under the child's legs to prevent them dangling





 Star Chart – make a chart for the days of the week and give your child a star for each of the following

✓ Reporting soiling

- ✓ Sitting on the toilet
- ✓ Passing poop in the toilet
- ✓ Taking movicol/liquid paraffin/lactulose
- ✓Washing Hands

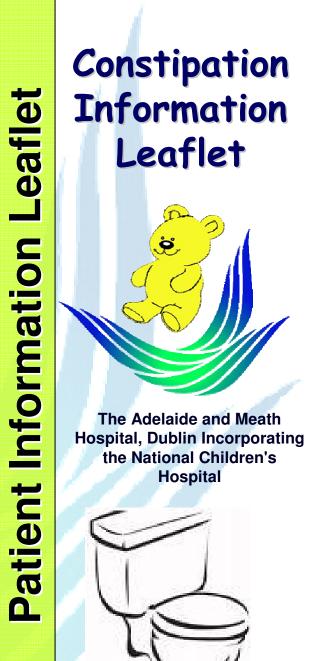
✓ Give a small reward (not food) when they reach their goal number of stars. Agree the number of stars needed with your child.

# The use of enemas or suppositories is not routinely recommended in children

We advise that the content of this leaflet be discussed with your GP/ Practice Nurse. Developed by Children's Emergency Dept & Medical Photography and Illustration

2008.

For Review 2010



# Constipation is difficulty passing stool

#### Signs and symptoms

>Irregular and hard poop

Blood in the poop or on wiping

>Holding on or straining to pass poop

Soiling = overflow of watery stool around the hard impacted poop caused by constipation. Children don't usually feel this!

Crampy tummy pain

➤Loss of appetite



# <u>Treatment</u>

## 1.Bowel clear out

Success is passing large amounts of poop

>Give DULCOLAX for 3-5 mornings in a row (1 tab <6 years, 2 tabs >6 years)

OR

>Use MOVICOL Paediatric Sachets (on prescription)

- Once **bowel clear out** has been achieved move on to the prevention doses

	2-4 years	5-11 years
Day 1	2 sachets	4 sachets
Day 2	4	6
Day 3	4	8
Day 4	6	10
Day 5	6	12
Day 6	8	12
Day 7	8	12

If paediatric Movicol is not available, use adult formulation and half the dose

### 2. Preventing recurrence

Success is passing soft, nonpainful stools

>For children under 1 year use LACTULOSE starting at 5mls/day

For children over 1 use LIQUID
PARAFFIN starting at 20mls/day
OR
MOVICOL paediatric sachets
starting at 1-2 sachets/day

