

Queensland Paediatric Treatment Plan

Emergency

Patient Sticker

Date	
Completing doctor	
Treating facility	

Constipation Treatment Plan

Constipation in children is managed with medication and sitting practice.

Medication

<input type="checkbox"/> Disimpaction Treatment	<input type="checkbox"/> Maintenance Treatment
Add _____ scoops of Osmolax to your child's drink 2 times a day for _____ days.	Add _____ scoops of Osmolax to your child's drink once a day.
See your GP in 3 - 5 days to check that the treatment has worked.	Adjust the dose up or down by $\frac{1}{4}$ 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.

Other medication

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

- 1 small scoop of Osmolax is equal to 8.5 g Movicol
- 1 large scoop (adult dose) is equal to 17 g of Movicol

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.

Further information

See the *Constipation* fact sheet on the Children's Health Queensland Hospital and Health Service website www.childrens.health.qld.gov.au

Search for "CHQ fact sheet constipation" or scan the QR code with the camera on your phone.



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

