

Constipation Clinical Practice Guideline

Diagnosis and Treatment in the ED

FINAL
11/30/16



Diagnostic Criteria for Functional Constipation

Must include **TWO** or more of the following:

- Two or fewer defecations per week
- At least one episode per week of incontinence after the acquisition of toileting skills
- History of retentive posturing or excessive stool retention
- History of painful or hard bowel movements
- Presence of a large fecal mass in the rectum
- History of large diameter stools which may obstruct the toilet

Inclusion Criteria

- ≥ 1 month of age
- Refer to diagnostic criteria for functional constipation

Exclusion Criteria

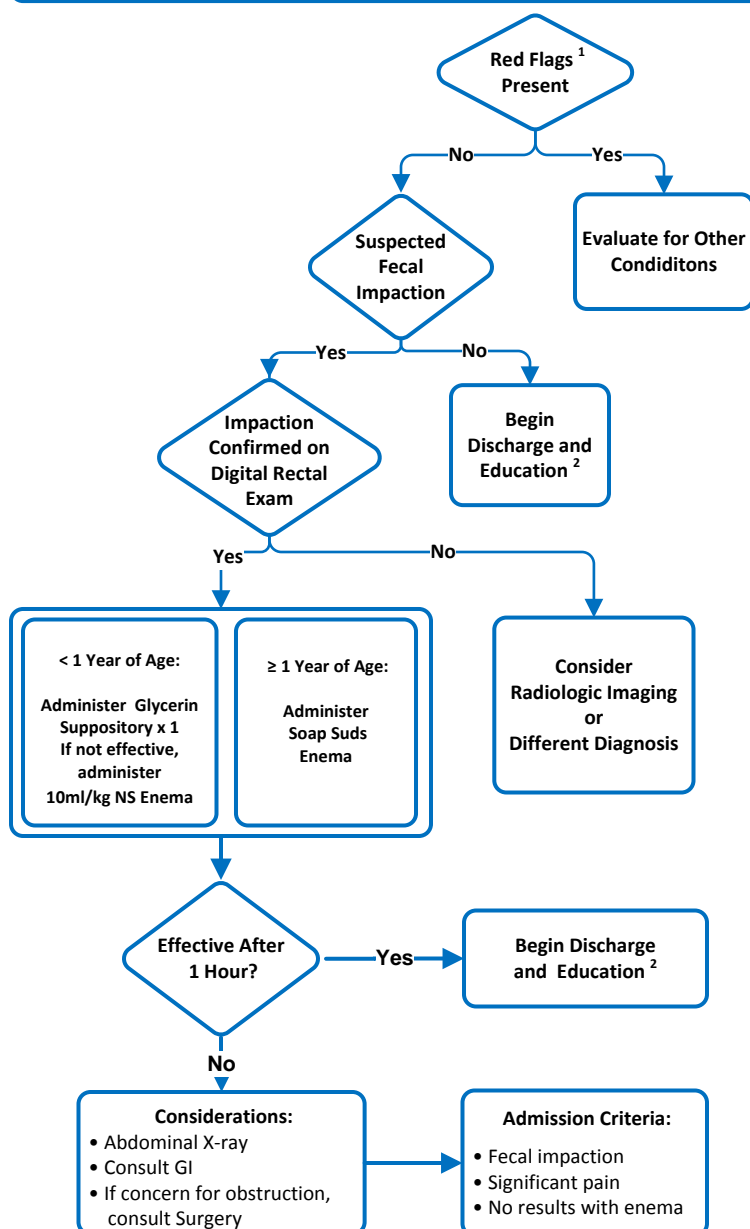
- Neutropenia
- BMT
- Bowel surgery within 30 days (Consult Surgery)
- Kidney failure
- Cardiac patient on Diuretics (Consult Cardiology)

¹ Red Flags

- Midline dimple; Tuft of hair over lower back
- New onset lower limb weakness/motor delay
- Signs of systemic illness: fever, mouth sores, joint pain, rash
- Weight loss
- First passage meconium after 48 hours of life
- Persistent abdominal distention/vomiting (Consider obstruction and other etiologies)
- Bloody diarrhea
- Bilious emesis
- Failure to thrive; Malabsorption
- Tight rectum gripping finger; Explosive stool/air from rectum upon withdrawal examining finger
- Family history of Hirschsprung's disease

Concern for underlying disease

Treatment of Functional Constipation



Preferred Medication: Soap Suds Enema

- Add 27 ml Castile Soap (3 packets) to 1000 ml of Normal Saline
- Dose 20 ml/kg (Max Dose 1000 ml)

Patients should NOT be discharged without evacuating their enema

² Discharge and Education

1-3 years old

Cleanout: Take 1 capful (17 grams) Miralax every day for 3 days in 8 oz. of juice

Maintenance: On day 4 take ¼ capful (4.25 grams) Miralax daily in at least 4 oz. of any liquid

If stools are too liquid, decrease Miralax to 1/8 capful but do not stop taking

4-5 years old

Cleanout: Take 2 capfuls (34 grams) Miralax every day for 3 days in 16 oz. of juice

Maintenance: On day 4 take ¼ capful (4.25 grams) Miralax daily in at least 4 oz. of any liquid

If stools are too liquid, decrease Miralax to 1/8 capful but do not stop taking

6-11 years old

Cleanout: Take 7 capfuls (119 grams) Miralax for 1 day in 32 oz. Gatorade

Maintenance: On day 2 take ½ capful (8.5 grams) Miralax daily in at least 4 oz. of any liquid

If stools are too liquid, decrease Miralax to 1/4 capful but do not stop taking

12 years and older

Cleanout: Take 14 capfuls (238 grams) Miralax for 1 day in 64 oz. Gatorade

Maintenance: On day 2 take 1 capful (17 grams) Miralax daily in at least 8 oz. of any liquid

If stools are too liquid, decrease Miralax to 1/2 capful but do not stop taking

- Encourage fluid intake (especially during cleanout)
- Referral to PCP in 2 weeks. Continue maintenance dosing until seen by PCP