

## 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  $\geq 1$  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

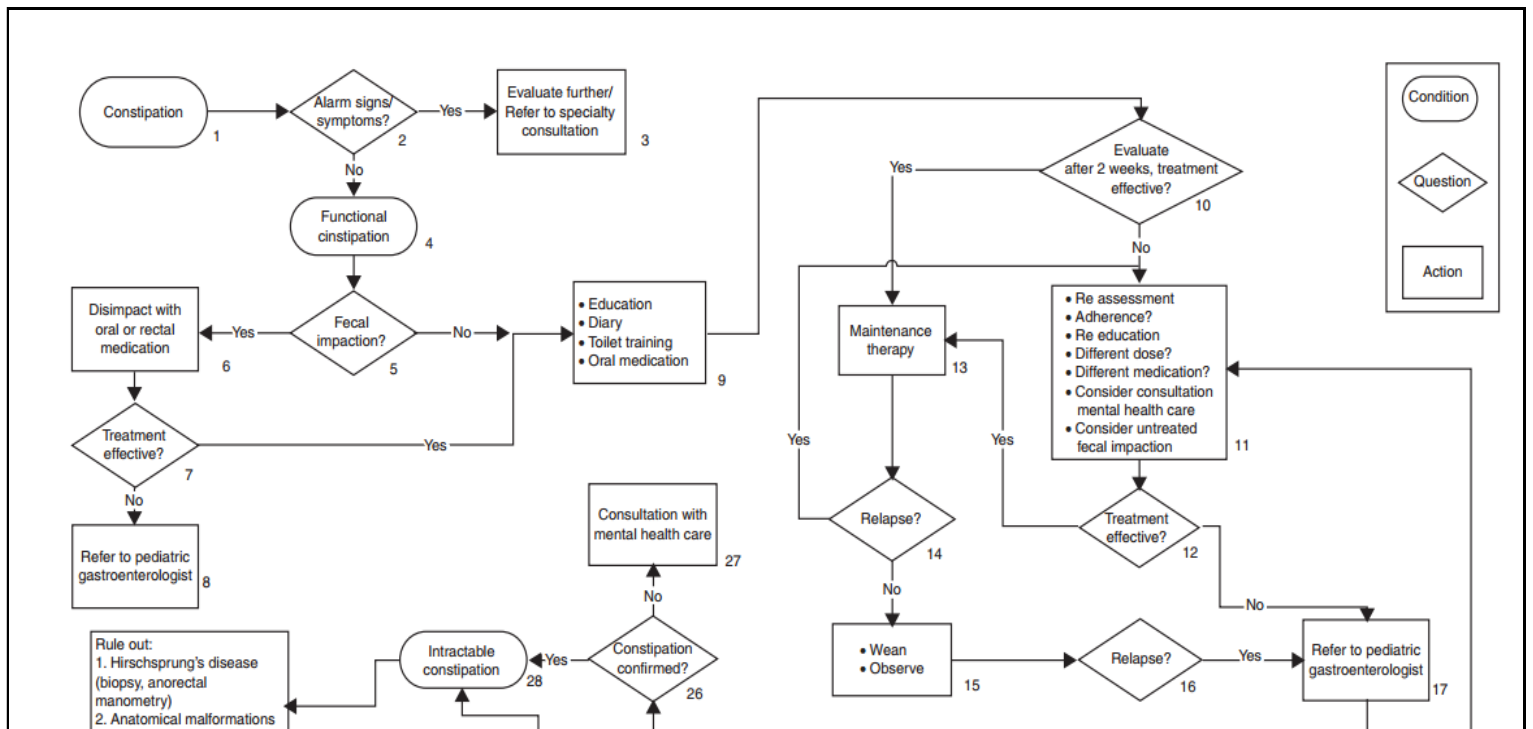
- soiling (encopresis)  impaction suspected  
 colonic reset needed

**Other**: \_\_\_\_\_

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

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

## Algorithm for Primary Care Providers



## Laxative Dosing Guideline

### Oral laxatives

### Dosages

#### Osmotic laxatives

##### Lactulose

1–2 g/kg, once or twice/day

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)

2–5 y:  $0.4\text{--}1.2 \text{ g/day}$ , once or divided

6–11 y:  $1.2\text{--}2.4 \text{ g/day}$ , once or divided

12–18 y:  $2.4\text{--}4.8 \text{ g/day}$ , once or divided

Miralax (PEG or polyethylene glycol)

Milk of magnesia (magnesium hydroxide)

##### 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

1–18 y: 2.5 mL/kg, max 133 mL/dose

##### NaCl

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