**Constipation Action Plan**

GREEN Zone = Doing well = stooling regularly without straining or pain. **Stool is soft.**

* Miralax (PEG 3350)
  + 6 mo-1 year: ½ cap (8.5 grams) mixed in 2 ounces of water daily
  + 1-5 year old: ½ cap (8.5 grams) mixed in 4 ounces of water daily
  + 6 years & older: 1 cap (17 grams) mixed in 8 ounces of water daily
  + Generic miralax is as effective as brand
* Daily potty time
  + Schedule – as near the same time as possible daily
  + Sit for 20 minutes with knees flexed, comfortable position
  + Praise for success. Do not punish/shame for not stooling
* Keep fluid intake high, especially water.
* Titrate daily dose to achieve: **at least one soft (pudding consistency) stool *daily*.**

YELLOW Zone = Constipation worsening = 2-3 days of no stool, some pain, or hard stool

* Continue doing green zone medicines
* Increase miralax and water:
  + 6 mo-1 year: ½ cap (8.5 grams) in 2 ounces of water **twice daily for 3 days**
  + 1-5 year old: 1 cap (17 grams) in 8 ounces of water **twice daily for 3 days**
  + 6 years & older: 2 caps (34 grams) in 8 ounces of water **twice daily for 3 days**
* **If not back to GREEN zone after 3 days:** 
  + Under 6 years old : infant glycerin suppository daily
  + 6 years & older: adult glycerin suppository daily

RED Zone = medical alert – severe pain, stomach bloating, vomiting, or no stool > 5 days

* Under 2 years: Call Dr. Price immediately
* 2-5 years old: Give ½ pediatric fleet enema (33 mL) once
* 5-11 years old: Give full pediatric enema (66 mL) once
* >12 years old: Give adult fleet enema (133 mL) once
* After enema, call Dr. Price if no result within 30 minutes.
* If symptoms persist for more than two hours in red zone, call or go to ED and call Dr. Price.