



**Green Zone: Doing Great** **Maintain**

- Passing 1 – 2 soft stools per day
- Continue with current medications

**Medications:**

- Stool softening medication

**Behaviour Interventions:**

- Sit on toilet 1- 3 times every day
- Give positive rewards for good Behaviour
- Keep stool diary or track stools on calendar
- Avoid punishments for soiling underwear

**Diet:**

- Encourage high fiber foods
- Drink plenty of water

**Stool Softening Medication:**

- **PEG 3350** \_\_\_\_\_ daily
  - Adjust PEG 3350 dose by \_\_\_\_\_ every 3 days until having 1 -2 soft stools per day
- **Benefiber** \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

\*\*If the cost of PEG 3350 is a problem please speak to the Doctor or Nurse Case Manager\*\*

**Yellow Zone: Getting Backed up** **Rescue**

- Stools hard or painful to pass - increase stool softening medication

**And/or**

- No stools in 1-2 days - add stimulant medication

**Softening Medications:**

Increase PEG 3350 to \_\_\_\_\_  
 \_\_\_\_\_  
 until back in the green zone

**And/or**

**Stimulant Medication:**

- Take **Senna** \_\_\_\_\_  
 \_\_\_\_\_  
 to 'help the bowels push' until back in the green zone

**Red Zone: Fully Backed up – Impacted** **Cleanout**

- No stools in 4 days
- In yellow zone for 2 -3 days without relief
- Having stooling/soiling accidents

**Do a Pico-salax or PEG 3350 cleanout:**

- At home and on a weekend
- Stay close to bathroom
- Expect a lot of stool
- No food, only clear fluids all day on cleanout day
- Drink at least 1-2 cups clear fluids per hour to decrease abdominal cramping and to avoid nausea and dehydration

**Disimpaction (cleanout medications):**

**Pico-salax** \_\_\_\_\_ package twice (give each dose 4 – 6 hours apart). If minimal or no results give a third dose of pico-salax 4-6 hours after second dose or the next day  
**OR**

- **PEG 3350** \_\_\_\_\_ for 3 – 6 days (Mix each tablespoon with at least 4 oz or ½ cup of clear liquid)

**If vomiting, severe abdominal pain, fever, bloody stools contact  
The Paediatric Gastroenterology office at 519-685-8177 or go to your nearest Emergency Department**

Disclaimer: The content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your health care provider with any questions that you may have regarding this treatment plan.

Adapted from Cincinnati Children's. (2016). *A Physician's Guide to Managing Constipation in Children Ages Six - 18 Years (Brochure)*. Author.