



Community B&B Service

Constipation Discharge Plan For:



Your child's maintenance regime is:

- Macrogol Paediatric: child 1 to 5 years old**
½ to 1 sachet daily, adjust dose to produce regular soft stools (maximum of 4 sachets daily).

- Macrogol Paediatric: child 6 to 11 years old**
½ to 2 sachets daily, adjust dose to produce regular soft stools (maximum of 4 sachets daily).

- Macrogol Oral Powder (adult formula): child or young person 12-17 years old**
½ to 2 sachets daily, adjust dose to produce regular soft stools (maximum of 4 sachets daily).

Other treatments

- Sodium Picosulfate _____
- Senna _____
- Docusate Sodium _____

We are now discharging _____ from the
Bladder & Bowel Service - Children's Team.

Key reminders to maintain healthy bowel function

Drink plenty of clear fluids, avoiding too much milk as it can make constipation worse. Drinking clear fluids (diluted squash/water) helps to keep poo soft and is really important in preventing dehydration and constipation.

How much should my child be drinking each day?

- 1 to 3 years minimum of 900mls
- 4 to 8 years minimum of 1200mls
- 9 to 13 years minimum of 1700mls
- Boys 14 to 18 years minimum of 2600mls
- Girls 14 to 18 years minimum of 1800mls

Fibre is a very important part of your child's diet as it helps to move food through the digestive system more easily.

Foods high in fibre include:

- Wholemeal (brown) bread and 50:50 bread
- Fruit and vegetables (aim for at least 5 a day)
- Wholegrain pasta and rice
- Seeds and oats
- High fibre breakfast cereal (e.g. Weetabix)

Exercise is important to keep the bowels moving well. Make sure your child spends time in a physical activity tailored to their age and stage of development.

If problems reoccur please consider

- Contacting your GP
- Disimpacting your child

Your child's disimpaction plan is:

- **Macrogol Paediatric: child 2 to 4 years old**
2 sachets on the first day followed by 4 sachets daily for 2 days, then 6 sachets daily for 2 days, and finally 8 sachets daily *
- **Macrogol Paediatric: child 5 to 11 years old**
4 sachets on the first day followed by 6 sachets for 1 day, then 8 sachets for 1 day, then 10 sachets for 1 day, then 12 sachets daily *
- **Macrogol Oral Powder (adult formula): child or young person 12 to 17 years old**
4 sachets on the first day followed by 6 sachets for 1 day, then 8 sachets daily *

*Once stool is watery with no hard dark lumps (give sachets for a maximum of 7 days) return to maintenance dose. If watery stool is not achieved in 7 days, consult with your GP.

Useful resources

ERIC children's bladder and bowel charity:

www.eric.org.uk/Pages/Category/bowel-problems

Bladder and Bowel UK:

www.bbuk.org.uk/children-young-people/children-bowel

Comments, suggestions and complaints

We are committed to providing a high standard of professional support and advice. To help us maintain this we welcome any feedback that you have regarding your experiences of our service.

Please share your comments, suggestions and positive feedback with a member of the team. Alternatively you can contact the Patient Advice and Liaison Service (PALS). PALS provides advice and support to patients, their families and carers and can help to resolve any problems, concerns or complaints that you may have.

You can contact PALS free on telephone 0800 328 7971, or by email: PALS@oxfordhealth.nhs.uk

Notes

Please contact us if you would like the information in another language or different format.

Arabic يُرجى الاتصال بنا إذا كنتم ترغبون في الحصول على المعلومات بلغة أخرى أو بتنسيق مختلف.

আপনি এই তথ্য অন্য ভাষায় বা আলাদা আকারে **Bengali** পেতে চাইলে অনুগ্রহ করে আমাদের সাথে যোগাযোগ করুন।
Urdu اگر آپ یہ معلومات دیگر زبان یا مختلف فارمیٹ میں چاہتے ہیں تو برائے مہربانی ہم سے رابطہ کریں۔

Chinese 若要以其他語言或格式提供這些資訊，請與我們聯繫

Polish Aby uzyskać informacje w innym języku lub w innym formacie, skontaktuj się z nami.

Portuguese Queira contactar-nos se pretender as informações noutra idioma ou num formato diferente.

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