

Individual Constipation Treatment Worksheet

Clean out:

- Miralax**
 1 scoop in 8 oz of liquid 3 times per day for _____ days
 1/2 of a scoop in 4 oz of liquid 3 times per day for _____ days
- Mineral oil**
 _____ oz _____ times per day for _____ days
- Magnesium citrate (Mg Citrate)**
 1/2 bottle (150 ml's) at bedtime for _____ nights
 1 bottle (300 ml's) at bedtime for _____ nights
- Other** _____
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Maintenance:

- Medication**
- Miralax**
 1 scoop in 8 oz
 1/2 scoop in 4 oz liquid
 _____ teaspoons in _____ oz liquid
 Other _____
- Every night every morning every afternoon
 Only if no bowel movement that day
- Lactulose**
 _____ teaspoon(s)
 _____ tablespoon(s)
- 2 times per day 3 times per day
- Other** _____
- Fiber**
 Wafers
 Tablet/ Capsule
 Powder
- 1/2 the recommended adult dose with 4 oz of liquid
 1 full recommended adult dose with 8 oz liquid
 _____ teaspoons with _____ liquid
- Every morning every night
- Daily Sit**
 Have your child sit on the toilet for 15 to 20 minutes:
 After dinner after lunch after breakfast after snack at _____