

## 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 \_\_\_\_\_