

PCP Constipation Referral Checklist

Patient Name _____

Date of Birth _____

☐ **Red Flag(s)** present? (check all applicable answers below)

- | | |
|--|---|
| ☐ Age < 1 month | ☐ Perianal fistula |
| ☐ Meconium > 48 hours | ☐ Abnormal position of anus |
| ☐ Family history of Hirschsprung's | ☐ Absent anal or cremasteric reflex |
| ☐ Ribbon stools | ☐ Decreased lower extremity strength/tone/reflex |
| ☐ Blood in the stools in absence of anal fissures | ☐ Tuft of hair on spine |
| ☐ Failure to thrive | ☐ Sacral dimple |
| ☐ Bilious vomiting | ☐ Gluteal cleft deviation |
| ☐ Abnormal thyroid gland | ☐ Extreme fear during anal inspection |
| ☐ Severe abdominal distension | ☐ Anal scars |

☐ **Osmotic AND Stimulant laxatives** used for **≥ 1 month**? (check all that apply)

Osmotic laxatives: ☐ Miralax ☐ Lactulose/Kristalose ☐ Milk of Mag

Stimulant laxatives: ☐ Exlax ☐ Senna ☐ Dulcolax

Other: _____

☐ **Clean out attempted?** If yes, check indication below

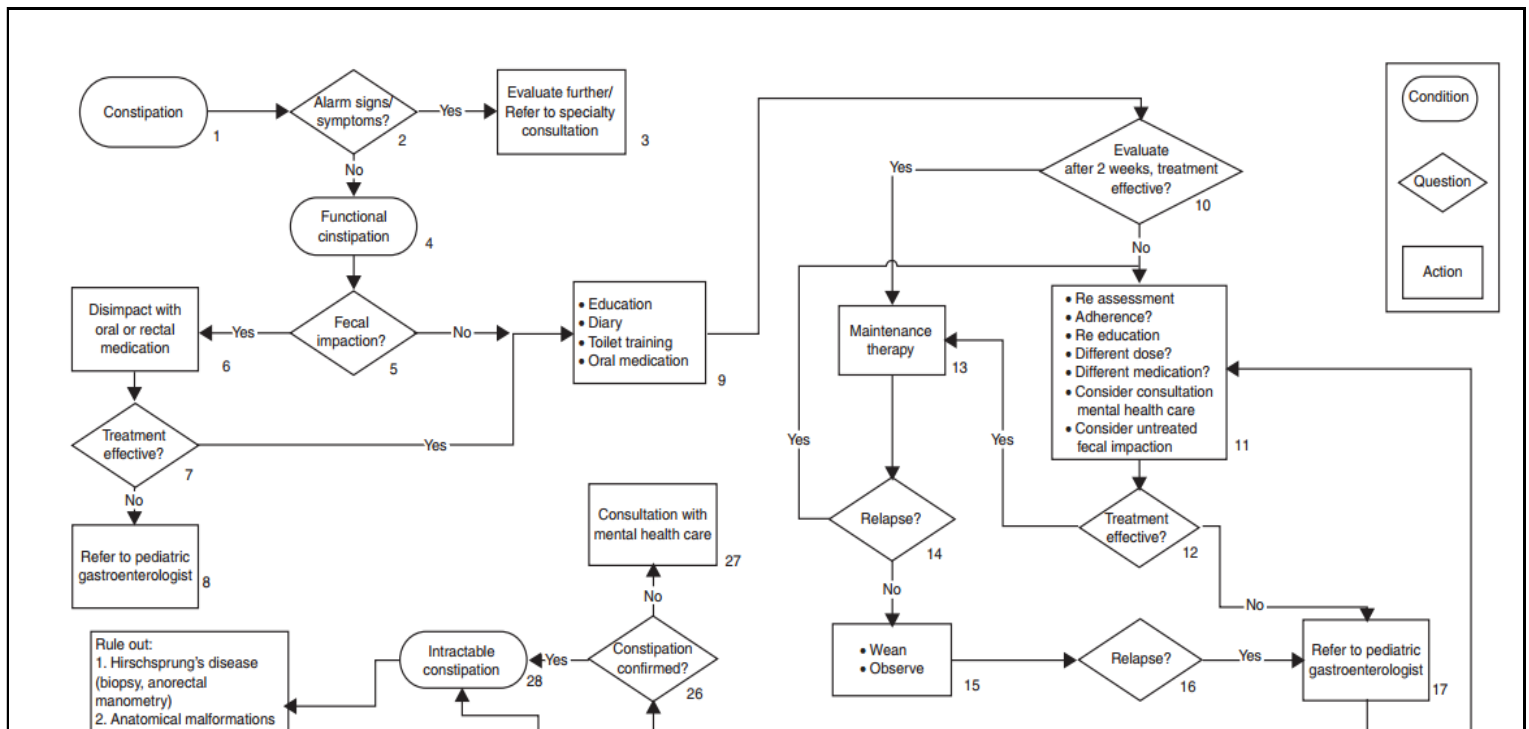
- ☐ soiling (encopresis) ☐ impaction suspected
☐ colonic reset needed

☐ **Other**: _____

Clean Out Regimen Options (*Goal: transparent liquid stools without sediment*)

- | | | |
|------------------|-----------------------------|---|
| Option 1: | <i>Enemas Only:</i> | <u>Age < 2 y/o:</u> Peds Fleets enema daily x 3 days; <u>Age > 2 y/o:</u> Adult fleets enema daily x 3 days; may need 1-2 additional days |
| Option 2: | <i>Enemas + Miralax:</i> | Mineral oil enema, Fleets enema followed by Miralax q 30 min to 1 hour for 4 hours |
| Option 3: | <i>Oral laxatives only:</i> | 8 am to 8 pm, clear liquid diet (eat BF before 8 am, dinner after 8 pm)
<u>0800 and 2000:</u> dulcolax/senna + miralax; <u>1000, noon, 1400, 1600, 1800:</u> miralax only (*max of 2 consecutive days) |
| Option 4: | <i>Oral laxatives only:</i> | Senna + Miralax + Senna (over 2 hours). 1 day only |

Algorithm for Primary Care Providers



Laxative Dosing Guideline

Oral laxatives

Dosages

Osmotic laxatives

Lactulose

1–2 g/kg, once or twice/day

Maintenance: $0.2\text{--}0.8\text{ g} \cdot \text{kg}^{-1} \cdot \text{day}^{-1}$

Fecal disimpaction: $1\text{--}1.5\text{ g} \cdot \text{kg}^{-1} \cdot \text{day}^{-1}$ (with a maximum of 6 consecutive days)

2–5 y: $0.4\text{--}1.2\text{ g/day}$, once or divided

6–11 y: $1.2\text{--}2.4\text{ g/day}$, once or divided

12–18 y: $2.4\text{--}4.8\text{ g/day}$, once or divided

Miralax (PEG or polyethylene glycol)

Milk of magnesia (magnesium hydroxide)

Fecal softeners

Mineral oil

1–18 y: $1\text{--}3\text{ mL} \cdot \text{kg}^{-1} \cdot \text{day}^{-1}$, once or divided, max 90 mL/day

Stimulant laxatives

Bisacodyl

3–10 y: 5 mg/day

>10 y: 5–10 mg/day

Senna

12 mo–6 y: 2.5–5 mg once or twice/day

6–12 y: 7.5–10 mg/day

>12 y: 15–20 mg /day

Sodium picosulfate

1 mo–4 y: 2.5–10 mg once/day

4–18 y: 2.5–20 mg once/day

Rectal laxatives/enemas

Bisacodyl

2–10 y: 5 mg once /day

>10 y: 5–10 mg once /day

Sodium docusate

<6 y: 60 mL

>6 y: 120 mL

Sodium phosphate

1–18 y: 2.5 mL/kg, max 133 mL/dose

NaCl

Neonate <1 kg: 5 mL, >1 kg: 10 mL

>1 y: 6 mL/kg once or twice/day

Mineral oil

2–11 y: 30–60 mL once/day

>11 y: 60–150 mL once/day