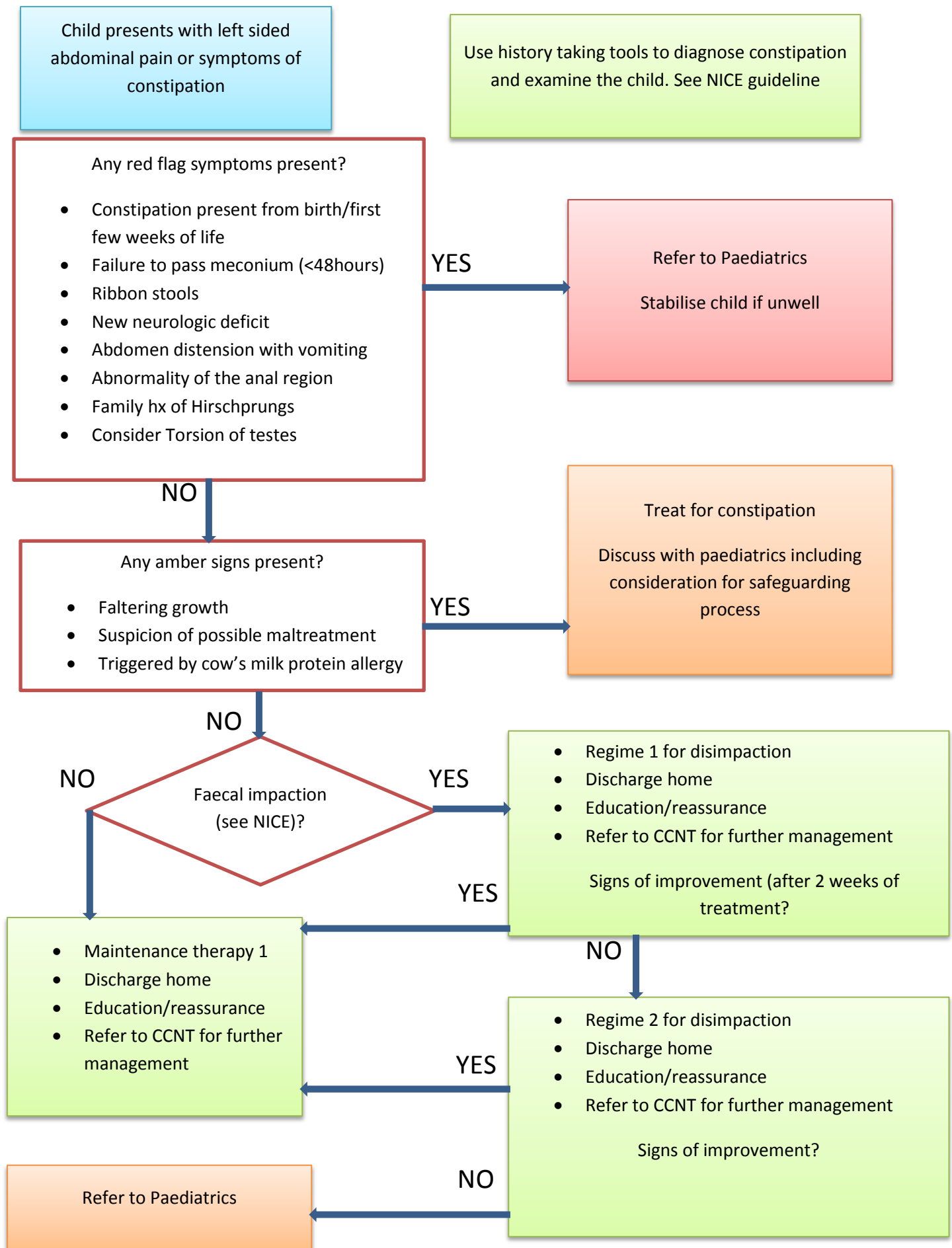


# CONSTIPATION IN CHILDREN



## REGIME 1 FOR DISIMPACTION

All doses are sachets per day

< 12 YRS – MOVICOL PAEDIATRIC PLAIN (each mixed with 62.5mls water, taken over a 12 hour period)

AGE	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
1-11 mths	0.5 – 1 sachet daily						
1-5 years	2	4	4	6	6	8	8
5-11 yrs	4	6	8	10	12	12	12

>12 YRS –MOVICOL ADULT FORMULA (each mixed with 125mls water consumed in a 6 hour period)

AGE	DAY1	DAY2	DAY3	DAY4	DAY5	DAY 6	DAY 7
>12 YRS	4	4	6	6	8	8	8

### < 1 YEAR

MOVICOL PAEDIATRIC PLAIN – 1gm/KG/DAY

1 sachet of Movicol paediatric plain contains 7 gms

Substitute LACTULOSE OR stimulant laxative if movicol not tolerated

## REGIME 2 FOR DISIMPACTION

IF NO IMPROVEMENT IN 2 WEEKS, add oral stimulant laxative, adjust dose according to response

	<b>lactulose</b>	<b>Senna 7.5mg/5mls</b>	<b>Docusate (tablet&gt;12 yr)</b>	<b>Bisacodyl</b>	<b>Sodium picosulphate</b>
<b>1MONTH-1YR</b>	2.5ML BD	0.5 mls/kg (max 2.5mls) nocte	<b>From 6mths</b> 12.5mg tds	N/A	2.5-10 mg OD
<b>1-4YRS</b>	2.5-10ML BD	2.5-5 mls nocte	12.5-25mg tds	N/A	2.5-10mg OD
<b>5-10 YRS</b>	5-20ML BD	5-10 mls nocte	12.5-25mg tds	5-20mg nocte	<b>From 4 yrs</b> 2.5-20mg OD
<b>&gt;10 YRS</b>	5-20ML BD	10-20 mls nocte	Up to 500mg daily	5-20mg nocte	2.5-20mg OD

## MAINTENANCE THERAPY 1

**2-6 YRS** MOVICOL PAEDIATRIC PLAIN ½ -1 SACHET/DAY, MAX 4 SACHET /DAY

**7-11 YRS** MOVICOL PAEDIATRIC PLAIN 2 SACHETS/DAY, MAX 4 SACHETS /DAY

**12 YRS AND ABOVE** MOVICOL ADULT FORMULA 1-2 SACHETS DAILY

If in doubt, refer to CCNT for further advice, all children on this regime should be discharged into the care of CCNT