



Constipation*													
<b>PowerPlans</b>	GI AMB Constipation, GI Constipation Cleanout												
<b>Presentation</b>	Two of the following for two weeks: <ul style="list-style-type: none"> <li>• <math>\leq 2</math> defecations/week</li> <li>• fecal/urinary incontinence after toilet trained</li> <li>• painful/hard bowel movements</li> <li>• rectal fecal mass</li> <li>• large diameter stools that obstruct toilet</li> </ul>												
<b>Differential</b>	<ul style="list-style-type: none"> <li>• <b>95% functional</b> (diet/excess dairy, inadequate fluids, withholding), 5% organic (anatomic e.g. anal stenosis, hypothyroidism, CF, celiac, lead poisoning, neurologic e.g. Hirschsprung's or CP)</li> <li>• <b>Red flags:</b> Passing meconium &gt;24 HOL, <b>constipation beginning &lt; 1 month of age</b>, FH Hirschsprung, tight rectum gripping finger; <b>explosive stool</b> and air from rectum upon withdrawal examining finger, midline dimple, lower back hair tuft, lower limb weakness, motor delay, fever</li> </ul>												
<b>Initial Workup</b>	If red flags or signs of systemic illness: refer to ED/admit → chem10, KUB, contrast enema/rectal bx if suspect Hirschsprung's												
<b>Treatment</b>	<table border="1"> <thead> <tr> <th colspan="2">Clean Out</th></tr> </thead> <tbody> <tr> <td><b>Inpatient</b></td><td> <ul style="list-style-type: none"> <li>• <b>Cleanout &amp; Bowel Prep:</b> Go-Lytely infusion via NG tube + IV fluids OR orally with MiraLax 34 g q30 mins x4 hrs</li> <li>• Follow electrolytes and BUN/Cr if infusing for &gt;12 hrs. f Go-Lytely is complete and effluent is not clear, start NS enemas</li> <li>• <b>Chocolate bomb:</b> 4oz chocolate ice cream + 15mL senna, + 30mL mineral oil + 30mL milk of magnesia</li> <li>• <b>SMOG enema:</b> 20 mL normal saline + 20 mL mineral oil + 20 mL glycerin</li> </ul> </td></tr> <tr> <td><b>Outpatient</b></td><td> <ul style="list-style-type: none"> <li>• <b>Day 1-3:</b> Miralax BID (2 caps (34 g) BID x 2 days) + stimulant laxative</li> <li>• <b>Day 3 on:</b> Miralax daily as maintenance. Toilet-sitting 3x/day after meals, reward -based toilet training</li> </ul> </td></tr> <tr> <th colspan="2">Chronic</th></tr> <tr> <td><b>&lt;6m</b></td><td> <ul style="list-style-type: none"> <li>- Bicycle legs, <b>prune juice</b> (1-2 oz/day in 2-4oz water)</li> <li>- If no relief → glycerin suppository</li> </ul> </td></tr> <tr> <td><b>&gt;6m</b></td><td> <ul style="list-style-type: none"> <li>• <b>1st Line – Softeners:</b> lactulose (1-2g/kg/day) or MiraLax (8.5g/day if &lt;20k, 17g/day if &gt;20k) or colace</li> <li>• <b>2nd Line – Stimulants</b> (Rx for 2 weeks or less): senna, bisacodyl (Dulcolax), milk of magnesia or <b>Emollients</b> (mineral oil, glycerin supp.)</li> </ul> </td></tr> </tbody> </table>	Clean Out		<b>Inpatient</b>	<ul style="list-style-type: none"> <li>• <b>Cleanout &amp; Bowel Prep:</b> Go-Lytely infusion via NG tube + IV fluids OR orally with MiraLax 34 g q30 mins x4 hrs</li> <li>• Follow electrolytes and BUN/Cr if infusing for &gt;12 hrs. f Go-Lytely is complete and effluent is not clear, start NS enemas</li> <li>• <b>Chocolate bomb:</b> 4oz chocolate ice cream + 15mL senna, + 30mL mineral oil + 30mL milk of magnesia</li> <li>• <b>SMOG enema:</b> 20 mL normal saline + 20 mL mineral oil + 20 mL glycerin</li> </ul>	<b>Outpatient</b>	<ul style="list-style-type: none"> <li>• <b>Day 1-3:</b> Miralax BID (2 caps (34 g) BID x 2 days) + stimulant laxative</li> <li>• <b>Day 3 on:</b> Miralax daily as maintenance. Toilet-sitting 3x/day after meals, reward -based toilet training</li> </ul>	Chronic		<b>&lt;6m</b>	<ul style="list-style-type: none"> <li>- Bicycle legs, <b>prune juice</b> (1-2 oz/day in 2-4oz water)</li> <li>- If no relief → glycerin suppository</li> </ul>	<b>&gt;6m</b>	<ul style="list-style-type: none"> <li>• <b>1st Line – Softeners:</b> lactulose (1-2g/kg/day) or MiraLax (8.5g/day if &lt;20k, 17g/day if &gt;20k) or colace</li> <li>• <b>2nd Line – Stimulants</b> (Rx for 2 weeks or less): senna, bisacodyl (Dulcolax), milk of magnesia or <b>Emollients</b> (mineral oil, glycerin supp.)</li> </ul>
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