

## BOWEL CLEAN-OUT PROTOCOL

Goal of COMPLETE evacuation of formed stool.

Age Group	Miralax	Senokot	Dulcolax	Frequency
6months -2 years	1 tsp for each 6 months up to 3 tsp	1 tsp		Q 12 hrs x 3 pm/am/pm
2 years - 5 years	1 capful	2 tsp		Q 12 hrs x 3 pm/am/pm
6 years - 10 years	1 capful	3 tsp (for kids who can's swallow pills)	OR 1 tab	Q 12 hrs x 3 pm/am/pm
10 years and older	1 capful	1 ½ Tbs (for kids who can's swallow pills)	OR 2 tabs	Q12 hrs x 3 pm/am/pm

Miralax, Senokot, and Dulcolax are available without a prescription. You can find them on the laxative shelf.

## MIRALAX MAINTENANCE

Goal of 2 mushy stools per day. Will remain on maintenance for several months. Call your physician's office before discontinuing use.

6 months – 2 years	2 tsp in the pm
2 – 5 years	¾ capful BID then once daily
6 – 10 years	1 capful BID then once daily
10 years and older	2 capfuls BID then once daily

## MINERAL OIL MAINTENANCE

Helpful in kids having trouble with stool withholding or having large painful stools

< 12 months	NONE
1 - 2 years	1 ½ tsp BID
2 - 5 years	2 tsp BID
6 - 10 years	1 Tbs BID
10 years and older	2 Tbs BID

**HABITS** — Goal of discontinuing the maintenance medications by developing good daily bowel habits and diet.

1. DEVELOP DAILY ROUTINE

- ◊ Wake up, get ready for school, eat breakfast and SIT ON THE TOILET FOR 5-10 MINUTES TIMED
- ◊ Establish regular mealtimes. Do not snack between meals.
- ◊ Establish a daily exercise routine

2. DIET

- ◊ Eat a diet high in fiber – goal of \_\_\_\_\_ grams of fiber per day
- ◊ Drinks lots of liquid – goal of \_\_\_\_\_ oz of clear liquids per day
- ◊ No caffeine!! It robs your body of water.

3. TOILETING

- ◊ Toilet sessions should be established twice a day – morning and evening, preferably after meals
- ◊ Session should be TIMED. 5-10 minutes should be encouraged even if the child doesn't feel like going
- ◊ Keep a calendar to track bowel movements

4. MAKE A FOLLOW-UP VISIT IN 6-8 WEEKS

## FLUID AND FIBER REQUIREMENTS FOR AGE

### FLUID

1-3 YEARS	4-6 CUPS DAILY (32-48 oz)
4-6 YEARS	6-8 CUPS DAILY (48-64 oz)
7 YEARS AND OLDER	7-11 CUPS DAILY (56-88 oz)

### FIBER

5 GRAMS OF FIBER + AGE OF CHILD = GRAMS OF FIBER/DAY (example: 15 grams of fiber for a 10 year old)

USE THIS FORMULA UNTIL THE CHILD REACHES 25-30 GRAMS/DAY (ADULT AMOUNT)

## FIGURING OUT FIBER

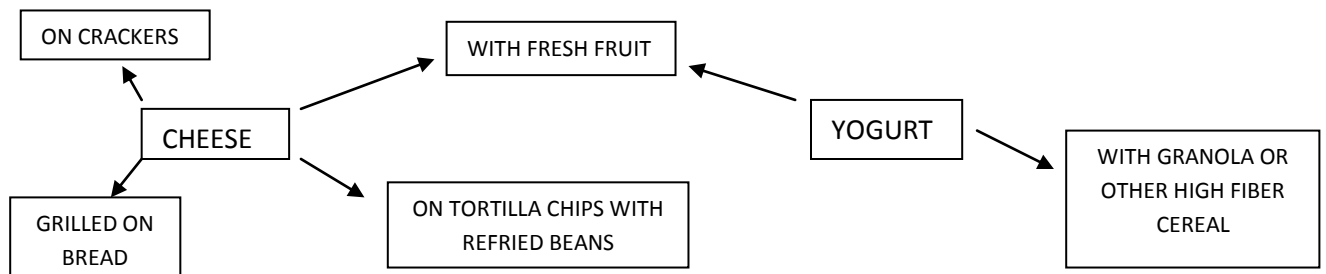
- Fiber is a food that is not digested. It goes into the colon where it keeps the stool from getting hard and dry. You must drink extra water and juice for the fiber to keep your stool soft. *Caffeine steals the extra water the fiber needs to keep your stool soft.*
- Fiber is in a lot of cereals, breads, fruits and vegetables. Read the “Nutrition Facts” on the label.

### Nutrition Facts

Amount Per Serving		% Daily Value*
<b>Calories</b>	110	Calories from Fat 16
<b>Total Fat</b>	1.8 g	3%
Saturated Fat	0.38 g	2%
Trans Fat	0 g	
<b>Cholesterol</b>	0 mg	0%
<b>Sodium</b>	210 mg	9%
<b>Potassium</b>	200.1 mg	6%
<b>Total Carbohydrate</b>	22.78 g	8%
Dietary Fiber	2.79 g	11%
Sugars	1.2 g	
Sugar Alcohols		
<b>Protein</b>	3 g	
<b>Vitamin A</b>	500.1 IU	10%
<b>Vitamin C</b>	6 mg	10%
<b>Calcium</b>	99.9 mg	10%
<b>Iron</b>	8.4 mg	47%

Cheerios has nearly 3 grams of fiber per 1 cup serving

- If your child won't eat a high fiber cereal alone, try mixing it with a favorite cereal.
- You can make “bars” like Rice Krispies® Treats: Melt 3 Tbs of butter or margarine with 1 package of marshmallows (10 oz). Add to 5-6 cups of cereal; stir until coated. Press mixture with greased spatula into greased pan. Allow to cool and then cut.
- You can make a snack mix with high fiber cereals – 2 cups wheat chex®, 2 cups cheerios®, 2 cups bran chex® - and 2 cups whole wheat pretzels. Add 4-6 Tbs of melted butter and 1 pack of ranch dressing mix. Cook in microwave for 3 minutes, stirring each minute then let cool OR in oven at 200 degrees for about 45 minutes, stirring every 15 minutes. Look at [www.chex.com](http://www.chex.com) for suggestions for toppings and preparation.
- Dairy products can be constipating so if helps to eat them with something high in fiber.

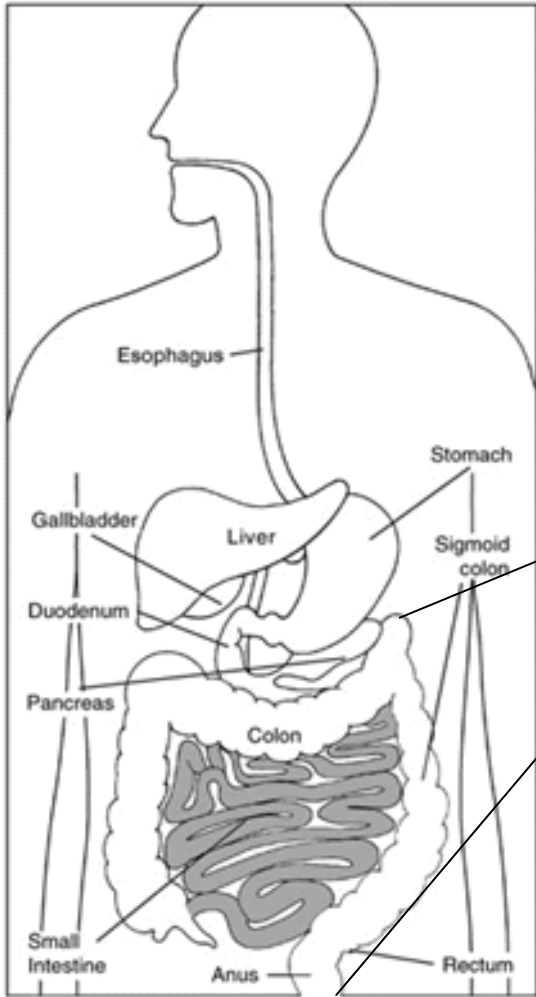


## FIBER CHART

FOOD	PORTION	FIBER (GRAMS)
Almond, sliced	1/4 cup	2.4
Apple		
raw	1 med	4
applesauce	2/3 cup	3.6
Apricots		
dried	2 halves	1.7
canned	3 halves	2.5
Artichoke	4 or 5	4.5
Asparagus	1/2 cup	1.7
Avocado	1/2 ave size	2.8
Baked Beans	1 cup	16
Banana	1 med (8")	3
Beans		
kidney	1/2 cup	9.7
lima	1/2 cup	5.8
pinto	1 cup	18.8
Garbanzo	1/2 cup	6
Bean sprouts	1/4 cup	0.8
Beets	1/2 cup	2.5
Blackberries		
raw	1/2 cup	4.4
canned	1/2 cup	5
jam	1 Tbsp	0.7
Bran meal	1 Tbsp	2
Broccoli		
raw	1/2 cup	4
fresh	3/4 cup	7
Brussel sprouts	3/4 cup	3
Cabbage		
raw	1/2 cup	1.5
cooked	2/3 cup	3
Cantalope	1/4 melon	1
Carrots		
raw	1/4 cup	1.7
cooked	2/3 cup	3.4
Cauliflower		
raw	3 buds	1.2
cooked	7/8 cup	2.3
Celery	1/4 cup	2
Cherries		
sweet, raw	10	1.2
canned	1/2 cup	1
Chesnuts, roasted	21 grams	1.9

<b>FOOD</b>	<b>PORTION</b>	<b>FIBER (GRAMS)</b>
Coconut, dried	1 Tbsp	3.4
Corn		
on the cob	1 med ear	5
kernals	1/2 cup	5
Cornbread	1 square	3.4
Crackers		
Ry-Crisp	3	2.3
Triscuits	2	2
Wheat Thins	6	2.2
Cranberries		
raw	1/4 cup	2
sauce	1/2 cup	4
Cucumber	10 thin slices	0.7
Dates	2	1.2
Figs, dried	3	10.5
Grapefruit	1/2 ave size	0.8
Grapes, white	20	1
Green beans	1/2 cup	2.1
Greens, cooked	1/2 cup	4
Honeydew melon	3" slice	1.5
Lentils, red cooked	1 cup	6.4
Lettuce	1 cup	0.8
Mushrooms		
raw	5 small	1.4
canned, sliced	1/4 cup	2
Olives		
black	6	1.2
green	6	1.2
Onion		
raw	1 Tbsp	0.2
cooked	1/2 cup	1.5
green (scallion)	1/4 cup	0.8
Orange	1 large	2.4
Parsnips, cooked	1 small	1.4
Peach		
raw	1 med	2.3
canned	2 halves	1.4
Peanut Butter	1 Tbsp	1.1
Peanuts	1 Tbsp	1.1
Pear	1 med	4
Peas		
Green, fresh or frozen	1/2 cup	9.1
cooked	1 cup	13.4
Peas and Carrots, frozen	5 oz (1/2 package)	6.2
Peppers, green, raw	2 Tbsp	0.3

<b>FOOD</b>	<b>PORTION</b>	<b>FIBER (GRAMS)</b>
Pineapple, canned	1 cup	0.8
Plums	2 or 3 small	2
Popcorn	1 cup	1
Potatoes		
baked	1 med	5
mashed	1 cup	3
sweet	1 small	4
Prunes, pitted	3	1.9
Radishes	3	0.1
Raisins	1 Tbsp	1
Raspberries		
fresh, frozen	1/2 cup	4.6
jam	1 Tbsp	1
Rhubarb	1/2 cup	2.9
Sauerkraut, canned	2/3 cup	3.1
Spinach		
raw	1 cup	3.5
cooked	1/2 cup	7
Squash		
summer	1/2 cup	2
winter, baked or mashed	1/2 cup	3.5
zucchini	1/2 cup	3
Strawberries	1 cup	3
Sunflower kernals	1 Tbsp	0.5
Tomatoes		
raw	1 small	1.4
canned	1/2 cup	1
Tortillas	2	4
Walnuts, shelled, chopped	1 Tbsp	1.1
Watermelon	1 thick slice	2.8
Yams, cooked or baked in skin	1 med	6.8



The colon (large intestine) can get "stretched out" from constipation. It can take up to ONE YEAR for the muscles and nerves to get strong again.

