

Constipation Care Pathway

Prevention

Prevention

Encourage age-appropriate fluid and dietary fiber intake

Promote routine physical activity

Assessment

Assessment

Evaluate stool patterns routinely

Assess routinely using [SSPedi](#)

Mild Bother

(SSPedi score = a little)

Moderate Bother

(SSPedi score = medium)

Severe Bother

(SSPedi score = a lot or extremely)

Allocate resources based on severity of bother and according to the preferences and capabilities of the patient

Treatment

Treatment and Resources

Encourage age-appropriate fluid and dietary fiber intake

Increase physical activity

Consider consulting clinical nutrition services

Consider consulting physiotherapy, occupational therapy or child life services

Use polyethylene glycol (PEG) 3350 + electrolytes

If **non-severe** constipation or after treatment for severe constipation, use PEG 3350 + electrolytes and adjust the dose according to symptoms and response

If **severe** constipation, use PEG 3350 + electrolytes using an escalating dose regimen

If not effective, add a stimulant laxative such as bisacodyl, senna or sodium picosulfate
If stools are hard, add another laxative such as docusate or lactulose

If PEG 3350 + electrolytes is not tolerated, substitute a stimulant laxative

If not effective after 1-3 days, add a stimulant laxative such as bisacodyl, senna or sodium picosulfate

If PEG 3350 + electrolytes is not tolerated, use a stimulant laxative alone or in combination with an osmotic laxative such as lactulose

Do not:

- use dietary intervention alone as the initial treatment for constipation
- recommend unprocessed bran as it may reduce absorption of micronutrients
- routinely use rectal medications, sodium citrate enemas or phosphate enemas
- routinely perform manual evacuation of the bowel

Care Pathway

SSPedi: Symptom Screening in Pediatrics



Please tell us how much each of these things **bothered** you **yesterday or today** by ticking the circle that best describes the amount it bothered you:

	Not at all bothered	A little	Medium	A lot	Extremely bothered
Feeling disappointed or sad	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Feeling scared or worried	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Feeling cranky or angry	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Problems with thinking or remembering things	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Changes in how your body or face look	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Feeling tired	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mouth sores	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Headache	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Hurt or pain (other than headache)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tingly or numb hands or feet	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Throwing up or feeling like you may throw up	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Feeling more or less hungry than you usually do	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Changes in taste	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Constipation (hard to poop)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Diarrhea (watery, runny poop)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Please tell us about any other things that have bothered you lately by writing about them here.