

## RECOMMENDATIONS FOR MANAGEMENT OF CONSTIPATION

1. **EDUCATION:** Review Constipation and Soiling Guidebook.
2. **DIETARY MANAGEMENT:**
  - a. STOP all milk products for a minimum of 6 weeks. This includes cheese, ice cream, and yogurt. (Note: cheese sub= Soyarella, ice cream sub= Tofutti, Tofulicious).
  - b. Use non-dairy creamer or soy bean milk (Isomil, Prosobee etc) on breakfast cereals.
  - c. Serve only whole grain cereals and breads (e.g. oatmeal, Cheerios, Ralston, Wheatena, Granola etc.)
  - d. STOP apples, apple juice, apple sauce, bananas, jello, carrots and rice; all appear to be constipating.
  - e. Add BRAN FLOUR (100 % bran flour, Miller's bran) to the daily diet according to the following schedule:
    1. For a child under 6 y.o., add 2 heaping teaspoonful per day – give as is, or mix in jelly, cereal, hamburger, casseroles.
    2. For a child over 6 y.o., begin with 3 heaping teaspoonfuls per day.  
\* Note: Miller's bran can usually be found at Byerly's, Rainbow, Lund's, and health food stores.
  - f. Encourage salads, all fruits (except apples and bananas), pure fruit juices and water.
3. **BEHAVIORAL MANANGEMENT:**
  - a. Sit and practice pushing on the toilet 5 to 10 minutes several times per day.
  - b. Sit on toilet after meals to use body's natural need to empty (gastrocolic reflex).
  - c. Keep a calendar to record bowel movements, soiling, enemas, and pushing and relaxing exercises.
  - d. Please bring calendar to each clinic appointment.
  - e. Review chapter 3 in Constipation and Soiling Guidebook with child.
4. **TREATMENT:**
  - a. Fleets Enema Cleansing Procedure- discuss with doctor to see if this is necessary for your child. Usually this will mean 1 Pediatric Fleets Enema in the evening an hour before bedtime and a second one approximately 12 hours later, the next morning.
  - b. Give 1 Pediatric Fleets Enema every 48 hours if the child has not had a normal bowel movement (in the toilet). Soiling should not be considered a normal bowel movement.
  - c. While your child is off of milk and milk products, s/he will be getting calcium from other food sources. However, during the initial period when milk is most restricted, please give him/her one calcium tablet (250 mg) per day or one Tums per day and one multivitamin per day. Appropriate vitamins are Poly-Vi-Sol chewable or Vi-daylin chewable.
5. **FOLLOW-UP:**
  - a. After 4-6 weeks, if the stool passage is normal, call for a plan to re-instate restricted foods slowly. Generally adding back one food per week is the best way.
  - b. Please call if you have questions, concerns, or problems of any kind: **763-546-5797, Ext 107**
6. **OTHER:**
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_

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