



Obtaining x-rays is not recommended except with S/S of bowel obstruction

S/S of Bowel Obstruction:

- Tense abdominal distention
- Recurring or bilious emesis
- Not passing gas

Constipation Triage Plan for Children ≥ 2 Year Old

Does the patient have s/s of bowel obstruction?

Consider 2-view imaging (Supine and Upright) and surgical consult

Does patient have a bowel obstruction?

Yes: Patient off guideline

No: (Proceeds to next decision)

Are there RED FLAGS for underlying disease causing constipation?

Further evaluation needed; patient off guideline

Is patient able to tolerate PO?

Has patient undergone Oral Home Cleanout for at least 2 days in the past 3 days?

Can the patient continue oral clean out or Fleet® enema at home?

Can pt be safely discharged?

If available, consider:

- Saline OR Fleet enema
- Further imaging

If not available, consider transfer to higher level of care.

Has pt. improved after interventions?

Consider admission

Can pt be safely discharged?

Bowel cleanout at home, after education r/t:

- Schedule and rationale
- Consider GI consultation

Oral Home Cleanout (Minimum of 2 Days)

Age	PEG 3350	Chocolate Senna (adjunct therapy)
2-4 yrs 10-20 kg	1/2 capful (8.5 grams) 3-4 times/ day in 4-6 oz of clear liquid*	0.5 Chewable (7.5 mg) BID**
5-10 yrs 20-40 kg	1 capful (17 grams) 6-8 times/ day in 6-8 oz of clear liquid*	1 Chewable (15 mg) BID**
11+ yrs 40 kg	1 capful (17 grams) 8 times/ day in 6-8 oz of clear liquid*	2 Chewable (30 mg) BID**

*Each dose should be consumed within 30 minutes

**To be given in addition to PEG 3350

Important NOTE:
Child should stay home from school when Oral Home Cleanout is implemented (a school note should be provided to parents)

Considerations for discharge home:
Patient could be discharged to home for 12-24 hour observation to await results if:

1. Patient is tolerating fluids PO and aggressive plan
2. Discomfort is manageable at home
3. Patient lives within 30 minutes of a medical facility

Considerations for admission:
Patient could be admitted for bowel cleanout if unable to tolerate PO or needs significant pain control.

Abbreviations (laboratory & radiology excluded):
pt. = patient

Enema Types/Volumes	
Weight	Volume to administer
Saline Enema	
<20 kg	10 mL/kg
≥ 20 kg	10 mL/kg (Max: 500 mL)
Fleet® Enema	
2-4 years	30 ml
5-11 years	60 ml
>12 years	130 ml