


Laxative Program.

Goal: The goal of giving laxatives is for your child to have 1–2 soft-formed poops every day.

Medicines	Directions
Laxative Start with: <ul style="list-style-type: none"> <input type="checkbox"/> Senna 15 mg chocolate square ____ square(s) <input type="checkbox"/> Senna 8.6 mg tablet ____ tablet(s) <input type="checkbox"/> Senna 15 mg tablet ____ tablet(s) <input type="checkbox"/> Senna 25 mg tablet ____ tablet(s) <input type="checkbox"/> Liquid Senna 8.8 mg/5 ml ____ ml 	<ul style="list-style-type: none"> • You do not need a prescription for these medicines. • Give the full amount of laxative prescribed 1 time a day. • The medicine works best if you give it to your child at the same time each day.
Fiber Start with: <ul style="list-style-type: none"> <input type="checkbox"/> Benefiber ____ teaspoon(s) ____ times/day <input type="checkbox"/> Metamucil ____ teaspoon(s) ____ times/day <input type="checkbox"/> Pectin ____ tablespoon(s) ____ times/day <input type="checkbox"/> Citrucel ____ tablespoon(s) ____ times/day 	<ul style="list-style-type: none"> • Fiber will make your child's poop more formed. • Mix powder into a food or a drink your child likes (juice, yogurt, applesauce, chocolate milk, etc.). • Make sure your child eats or drinks the entire amount to get the full dose of fiber. • Take fiber with a meal.
Enema Only use if no poop in 24 hours <ul style="list-style-type: none"> <input type="checkbox"/> ½ (half) of pediatric Fleet enema <input type="checkbox"/> 1 full pediatric Fleet enema <input type="checkbox"/> 1 adult Fleet enema <input type="checkbox"/> 1 large volume foley enema 	 <p>Follow the directions on the package.</p>

What to expect during Bowel Management Week:

Give your child the laxative in the evening. The next morning, before 10 a.m., your child will get an abdominal x-ray. We will call you every day to check how your child is doing. After we look at the x-ray and your daily report, we will tell you if you need to give more or less of the laxative and fiber.

What to do at home:

If your child does not poop within 24 hours after the last laxative dose, **give an enema**. This helps clear out poop from the rectum (the lower part of the bowel where poop is stored). After the enema, **increase the next laxative dose by 1 square or tablet. Keep using this new dose for all future doses.**

If your child starts having frequent loose and watery poop, the laxative dose is too high. Lower the dose by half ($\frac{1}{2}$) a square or tablet. **Keep using this new dose for all future doses.**