

# My Constipation Action Plan

Primary Children's Hospital



## RED ZONE: Fully backed-up (feeling worse)

- No poop in 4 days or more
- Belly pain and bloating is worse
- Yellow zone for 2 to 3 days without relief
- Poop accidents



MEDICINE	HOW MUCH	HOW OFTEN
MiraLAX	capfuls in 12 to 24 ounces of clear fluid	once daily / twice daily
Senna (15 mg chocolate square or 8.6 mg tablet)	squares or tablets	once daily / twice daily
Enema or suppository		once daily / twice daily
Other:		

Follow this plan for 1 to 2 days. Your goal is **tea-colored** liquid poop.  
Go to the emergency room if your child is vomiting, has severe pain or bloody stool.

## YELLOW ZONE: Getting backed up (feeling bad)

- No poop for 2 to 3 days
- Eating less
- Poop streaks in underwear
- Harder or larger poops
- Mild or intermittent belly pain



MEDICINE	HOW MUCH	HOW OFTEN
MiraLAX	capfuls in 8 to 12 ounces of clear fluid	Twice daily
Senna (15 mg chocolate square or 8.6 mg tablet)	squares or tablets	One in the morning and one in the evening
Other:		

If improved after 1 to 2 days, return to the **green** zone.  
If no change or worse after 2 days, move up to the **red** zone.

## GREEN ZONE: Maintenance (feeling good)

- 1 to 2 soft poops every day
- Clean underwear
- Eating well
- Normal activity level



MEDICINE	HOW MUCH	HOW OFTEN
MiraLAX	capfuls in 8 to 12 ounces of clear fluid	Daily, or up to twice daily
Senna (15 mg chocolate square or 8.6 mg tablet)	squares or tablets	Every night at bedtime
Other:		