Individual Constipation Treatment Worksheet

Clean out:

☐ Miralax
☐ 1 scoop in 8 oz of liquid 3 times per day for _______ days
☐ 1/2 of a scoop in 4 oz of liquid 3 times per day for _______ days

☐ Mineral oil
☐ _______ oz _______ times per day for _______ days

☐ Magnesium citrate (Mg Citrate)
☐ 1/2 bottle (150 ml’s) at bedtime for _______ nights
☐ 1 bottle (300 ml’s) at bedtime for _______ nights

☐ Other

Maintenance:

☐ Medication

☐ Miralax
☐ 1 scoop in 8 oz
☐ 1/2 scoop in 4 oz liquid
☐ _______ teaspoons in _______ oz liquid
☐ Other

☐ Every night ☐ every morning ☐ every afternoon
☐ Only if no bowel movement that day

☐ Lactulose
☐ _______ teaspoon(s)
☐ _______ tablespoon(s)

☐ 2 times per day ☐ 3 times per day

☐ Other

☐ Fiber

☐ Wafers
☐ Tablet/ Capsule
☐ Powder

☐ 1/2 the recommended adult dose with 4 oz of liquid
☐ 1 full recommended adult dose with 8 oz liquid
☐ _______ teaspoons with ___________________ liquid

☐ Every morning ☐ every night

☐ Daily Sit
Have your child sit on the toilet for 15 to 20 minutes:
☐ After dinner ☐ after lunch ☐ after breakfast ☐ after snack at _______