

# CT Children's CLASP Guideline: Constipation

## Appendix C: Oral Maintenance Therapy

UpToDate Reference

**Trial two oral maintenance therapies in succession.**

- If any presence of Bristol stool type 1-3: start with osmotic therapy
- If any presence of Bristol stool type 4 or higher: start with stimulant therapy (this is rare).
  - Long term use of low-dose stimulant is acceptable.

Medication & Preparations	Weight/Age Based	Dose & Frequency	Expected Onset of BM
OSMOTIC			
<b>Fruit Juice</b> (100% Prune, Apple, Pear)	Infant (weight-based)	0.5 once per month old (MAX of 4 ounces)	24-96 hours
<b>Polyethylene Glycol</b> (MiraLax, GlycoLax) <ul style="list-style-type: none"><li>17 gram per 1 cap packet mixed in 6-8 ounces of room temperature fluid; consumed in 15-20 min</li></ul>	Infant and Children age (weight-based)	0.4- 0.8 g/kg per day (MAX of 17 g per day = ~4 tsp)	24-96 hours
	Younger than 18 months	0.5- 1 teaspoon per day	
	18 months – 3 years old	2-3 teaspoons per day	
	3 years and older	2-4 teaspoons per day	
	Adult age	17 g per day = ~4 tsp	
<b>Lactulose</b> <ul style="list-style-type: none"><li>10 mg/15 mL solution</li></ul>	Infant and Children age (weight-based)	1 mL/kg given once or twice per day (MAX of 60 mL total per day)	24-48 hours
	Adult age	15-30 mL once or twice per day (MAX of 60 mL total per day)	
<b>Magnesium Hydroxide*</b> (Milk of Magnesia) <ul style="list-style-type: none"><li>80 mg/mL solution</li></ul>	1-11 years old (weight-based)	1-3 mL/kg per day (MAX of 60 mL total per day)	0.5-6 hours
	12 years and older	30-60 mL per day (MAX of 60 mL total per day)	
STIMULANT			
<b>Senna</b> (syrup, ExLax) <ul style="list-style-type: none"><li>8.8 mg/5 mL</li><li>8.6 mg/tab</li><li>15 mg/chocolate square</li></ul>	1-2 years old	<ul style="list-style-type: none"><li>1.25-2.5 mL once or twice daily</li><li>0.25-0.5 square once per day</li></ul>	6-12 hours
	2-6 years old	<ul style="list-style-type: none"><li>2.5-3.75 mL once or twice daily</li><li>0.5-0.75 square once per day</li></ul>	
	6-12 years old	<ul style="list-style-type: none"><li>5-7.5 mL once or twice daily</li><li>1-2 tabs once or twice daily</li><li>0.5-2 square(s) once per day</li></ul>	
	12 years and older	<ul style="list-style-type: none"><li>5-15 mL once or twice daily</li><li>2-3 tabs once or twice daily</li><li>0.5-3 square(s) once per day</li></ul>	
<b>Bisacodyl</b> (Dulcolax) <ul style="list-style-type: none"><li>5 mg tab</li></ul>	2-12 years old	<ul style="list-style-type: none"><li>1-2 tablets once per day</li></ul>	6-10 hours
	12 years and older	<ul style="list-style-type: none"><li>1-3 tablets once per day</li></ul>	

\*If using a magnesium-based formula at baseline, using another magnesium-based medication is not recommended