

# CT Children's CLASP Guideline: Constipation

## Appendix D: Rescue Therapy- Oral & Rectal

Medication	Weight/Age Based	Dose & Frequency
<b>ORAL OSMOTIC THERAPY</b>		
<i>Use your preferred oral agent on days 1 &amp; 2</i>		
Medication	Weight/Age Based	Dose & Frequency
<b>Polyethylene Glycol</b> <i>(MiraLax, GlycoLax)</i> <ul style="list-style-type: none"> <li>17 gram per 1 cap packet</li> </ul>	1 year and older	2 g/kg once per day (MAX 238 g once per day)
<b>Magnesium Citrate *</b> <ul style="list-style-type: none"> <li>1.745g/30 ML</li> </ul>	6 years and older	4-6 mL/kg per day (MAX 300 mL once per day)
<b>RECTAL THERAPY</b>		
<i>Choose one.</i>		
<i>If not effective, consider alternate therapy on day 2.</i>		
<b>Bisacodyl</b> <i>(Dulcolax)</i> 10 mg suppositories	2-12 years old	0.5 suppository once per day
	12 years and older	1 suppository once per day
<b>Glycerin</b> <i>(glycerol)</i>	2-5 years old	1 pediatric suppository per day
	6 years and older	1 adult suppository per day
<b>Fleet Enema</b> <i>(sodium phosphate enema)</i> Pediatric enema (2.25 oz) Adult enema (4.5 oz)	2-4 years old	0.5 pediatric enema
	5-11 years old	1 pediatric enema
	12 years and older	1 adult enema

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