

How can ERIC help support GPs?



Child diagnosed with constipation....



ERIC's Guide To Children's Bowel Problems



A PARENT'S GUIDE TO DISIMPACTION

If your child has been constipated for more than a few days your Doctor or Nurse may say that they need to follow a **disimpaction regime**. This means giving laxatives in sufficiently large quantities to 'clear out' all the accumulated poo.

It is important to follow their advice; if you give a standard dose of laxative it is likely to soften the poo but not stimulate the bowel to empty fully. This means that symptoms such as soiling may get worse rather than better!

*NICE Guidelines recommend disimpacting with paediatric macrogol sachets as follows:

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
CHILD UNDER 1	½ - 1	½ - 1	½ - 1	½ - 1	½ - 1	½ - 1	½ - 1
CHILD 1 – 5 YEARS	2	4	6	8	8	8	8
CHILD 5 – 12 YEARS	4	6	8	10	12	12	12



HOW TO PREPARE MACROGOL LAXATIVES

(Movicol, CosmoCol and Laxido are all names of macrogols)

Macrogol laxatives work by 'binding with' water and delivering it to the large bowel. It is essential therefore to mix it with the correct amount of water or it will not work!

Paediatric sachets should be mixed with at least 63mls water PER SACHET

Adult sachets should be mixed with at least 125mls water PER SACHET

Empty the sachet of powder into a cup/glass/bottle. First add the right amount of water and stir until the powder has dissolved and the water is clear. The resultant liquid can mixed with anything



POO DIARY

Child's name _____

Date	Time	Poo in toilet - amount	Any soiling? - amount	Type	Comments	Laxatives given	Suppositories/ Enema/Washout



Or even better....

Parents made aware of healthy bladders and bowels info at an early stage

Parents use ERIC website/Helpline for advice

Constipation avoided by self-help measures



Title

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