

Constipation

Weight (Kg):

What is Constipation?

Constipation is described as painful, difficult, or delayed passage of stools. It is very common in children, and is usually 'functional', meaning there is no underlying disease causing the constipation.

Functional Constipation usually happens as a result of children voluntarily trying not to poop because they associate it with pain. Constipation often evolves over a period of time and usually takes JUST as long to treat it.

Many events, such as toilet training, change in routine or diet, stressful events, and illness can lead to pain when going to the bathroom.

Signs & Symptoms:

Symptoms of Constipation include:

- Decreased frequency of stools
- Hard stool that is difficult or painful to pass
- Belly pain or cramps
- Poor appetite
- Behaviors such as leg crossing, making faces, stretching, and clenching the buttocks might indicate that your child is trying to hold stool in

How is croup spread?

Your child may get croup by coming into contact with another person with the virus. It is spread through coughing, sneezing, or contact with the mucous (on tissues, hands or toys).

How long will it last?

Croup is almost always worse at night. The second night of the illness is usually the worst and the entire illness may last a total of 5-6 days.

What should I do?

1. Remain calm and keep your child calm. Getting upset can make the symptoms worse.
2. Let your child breathe in cool air (bundle them up and take them outside or near an open a window or use a cool-mist humidifier)

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Treatment:

Treatment of Constipation:

INFANTS

- If you are bottle feeding, make sure you are mixing your formula correctly
- Your doctor may instruct you to add 1 tbsp of prune juice to 2-4 tbsp of formula or water once daily
- If stools continue to be hard, you may increase this amount to 2 tbsp of prune juice mixed with 2-4 tbsp of formula or water once daily

TODDLERS

Constipation in this age group is often diet, behavior and pain related. Adding more fiber to the diet and increasing water and diluted juice intake can help. Remember that too much milk can be constipating. Whole grain breads and cereals, fruits and vegetables, and bran contain high amounts of fiber.

Your doctor may recommend a stool softener or laxative as follows:

- Medication:
- Dose:
- How often:
- How long:

OLDER CHILDREN

Constipation in this age group is often related to diet and painful stooling. Should there be a buildup of stool in the colon, a cleanout may be required. Increasing water and fiber intake can help, as can regular physical activity.

Your doctor may recommend a stool softener or laxative as follows:

- Medication:
- Dose:
- How often:
- How long:

***If you have other questions or concerns call your doctors office or HealthLine at:
811***