

# Constipation Care Package



## Physician RESOURCES



## Nursing RESOURCES



## Patient & Family RESOURCES



# NASPGHAN Physician RESOURCES

## Evaluation and Treatment Guidelines

Evaluation and Treatment of Functional Constipation in Infants and Children:  
*Evidence-Based Recommendations From **ESPGHAN** and **NASPGHAN***

- This evidence-based guideline provides recommendations for the evaluation and treatment of children with functional constipation to standardize and improve their quality of care. In addition, two algorithms were developed, one for the infants <6 months of age and the other for older infants and children.



[Review the Guideline Here](#)

## Maintenance of Certification (MOC) Module for Constipation

- This module will evaluate adequacy of the participant's medical documentation of the evaluation and treatment of pediatric constipation. This activity will provide CME and 25 MOC Part IV credits within the 5-year certification cycle to participants who successfully meet completion criteria.



[Enter Here for MOC Module for Constipation](#)





# APGNN Nursing RESOURCES

## Constipation Telephone Triage Protocol

- This protocol includes questions to ask; red flags; advice; treatment goals; and teaching suggestions.



**[Access and Download Telephone Triage Protocol](#)**

## Module for Nurses On Functional Constipation with The Charlotte Area Health Education Center

- This APGNN learning module is a one hour on line course to be used as a teaching tool or for self learning on the basics constipation (pathophysiology, diagnosis, treatment, nursing care etc). One hour CEU available upon completion of this module.



**[Click Here to Access this E-learning Module](#)**





# GI Kids.org Patient & Family RESOURCES

## Managing Constipation

- **Poo in You:** A wonderful video if your child is having problems with soiling accidents. This is one of the most common problems seen by both



pediatric GI and primary care providers. This interactive animated video explains what causes the accidents, why they happen so often, and how we can treat the problem.

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### Download Video

- English
- Spanish

- **Constipation Fact Sheet:**

Constipation is defined as either a decrease in the frequency of bowel movements, or the painful passage of bowel movements.

- English
- Spanish
- French

**Visit GIKids.org for more information on Constipation**



- **Constipation and Fecal Soiling:**

When children are constipated for a long time they may begin to pass stool in their clothing. This is called fecal soiling, and the child is typically unaware that they are going to have an accident.

→ English

→ Spanish

→ French

→ **Visit [GIKids.org](https://www.gikids.org) for more information on Constipation and Fecal Soiling**

- **Frequently asked Questions on Polyethylene Glycol 3350 (PEG 3350) or Miralax:**

PEG 3350 is the most commonly used form of PEG in the United States and Canada for the treatment of constipation and is the focus of discussion in this FAQ. Commonly used brand names of PEG 3350 available in the United States and Canada are MiraLax, GlycoLax, Lax-A-Day and RestoraLAX.

→ **[Click Here to Learn More](#)**

- **Toilet Training Tips**

This guide helps parents and caregivers with toilet training for 18 months - three year old children. However, these guidelines are applicable for all ages.

→ **[Download Toilet Training Tips](#)**

- **Bowel Management Record**

This tool provides an organized way to record your child's bowel movement efforts along with keeping track of use of therapies.

→ **[Download the Tool Here](#)**

