







## Constipation and Soiling

NAME OF CHILD		D.O.B.	
DATE:		TIME:	

### Has the child been seen by the GP/Paediatrician?

YES	NO
<b>(Ideopathic constipation – no concerns)</b>	
	
<b>Initial Advice</b> <ul style="list-style-type: none"> <li>• Reassure</li> <li>• Take history to assess degree of constipation</li> <li>• Advice on laxatives (eg different types, how they work, disimpaction)</li> <li>• Advice on diet, fluids and exercise</li> <li>• Advice on regular toileting (eg position, times of day)</li> <li>• Discuss using reward charts</li> <li>• Send information leaflets</li> <li>• Signpost to eric – <a href="http://www.eric.org.uk">www.eric.org.uk</a> / <a href="http://www.bladderandboweluk.co.uk">www.bladderandboweluk.co.uk</a></li> </ul>	<b>Advise to see GP for physical examination to rule out any underlying organic cause.</b>
	
<b>Advise to call back in 4 weeks</b>	
	
<b>Initial Advice</b> <ul style="list-style-type: none"> <li>• Review progress <ul style="list-style-type: none"> <li>○ Drinking – 7-8 drinks per day</li> <li>○ Laxatives</li> <li>○ Toileting routines</li> </ul> </li> </ul>	
	
<b>If after following all advice no progress is being made, advise return to GP</b>	