Red Flag(s) present? (check all applicable answers below)

- Age < 1 month
- Meconium > 48 hours
- Family history of Hirschsprung’s
- Ribbon stools
- Blood in the stools in absence of anal fissures
- Failure to thrive
- Bilious vomiting
- Abnormal thyroid gland
- Severe abdominal distension
- Perianal fistula
- Abnormal position of anus
- Absent anal or cremasteric reflex
- Decreased lower extremity strength/tone/reflex
- Tuft of hair on spine
- Sacral dimple
- Gluteal cleft deviation
- Extreme fear during anal inspection
- Anal scars
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- Sacral dimple
- Gluteal cleft deviation
- Extreme fear during anal inspection
- Anal scars

Osmotic AND Stimulant laxatives used for ≥ 1 month? (check all that apply)

Osmotic laxatives:  
- Miralax
- Lactulose/Kristalose
- Milk of Mag

Stimulant laxatives:  
- Exlax
- Senna
- Dulcolax

Other: ____________________________________________________________

Clean out attempted? If yes, check indication below

- soiling (encopresis)
- impaction suspected
- colonic reset needed

Other: ____________________________________________________________

Clean Out Regimen Options (Goal: transparent liquid stools without sediment)

Option 1:  
Enemas Only:  
Age < 2 y/o: Peds Fleets enema daily x 3 days; Age > 2 y/o: Adult fleets enema daily x 3 days; may need 1-2 additional days

Option 2:  
Enemas + Miralax:  
Mineral oil enema, Fleets enema followed by Miralax q 30 min to 1 hour for 4 hours

Option 3:  
Oral laxatives only:  
8 am to 8 pm, clear liquid diet (eat BF before 8 am, dinner after 8 pm)  
0800 and 2000: dulcolax/senna + miralax; 1000, noon, 1400, 1600, 1800: miralax only (*max of 2 consecutive days)

Option 4:  
Oral laxatives only:  
Senna + Miralax + Senna (over 2 hours). 1 day only


Last edited: 1/09/19
Algorithm for Primary Care Providers

Laxative Dosing Guideline

Oral laxatives

**Osmotic laxatives**

**Lactulose**

1–2 g/kg, once or twice/day

**Miralax (PEG or polyethylene glycol)**

Fecal disimpaction: 1–1.5 g · kg⁻¹ · day⁻¹ (with a maximum of 6 consecutive days)

2–5 y: 0.4–1.2 g/day, once or divided

6–11 y: 1.2–2.4 g/day, once or divided

12–18 y: 2.4–4.8 g/day, once or divided

**Milk of magnesia (magnesium hydroxide)**

1–18 y: 1–3 mL · kg⁻¹ · day⁻¹, once or divided, max 90 mL/day

**Fecal softeners**

**Mineral oil**

3–10 y: 5 mg/day

>10 y: 5–10 mg/day

12 mo-6 y: 2.5–5 mg once or twice/day

6–12 y: 7.5–10 mg/day

>12 y: 15–20 mg /day

**Sodium picosulfate**

1 mo–4 y: 2.5–10 mg once/day

4–18 y: 2.5–20 mg once/day

**Stimulant laxatives**

**Bisacodyl**

2–10 y: 5 mg once /day

>10 y: 5–10 mg once /day

**Senna**

<6 y: 60 mL

>6 y: 120 mL

**Rectal laxatives/enemas**

**Bisacodyl**

<1 y: 5 mL/kg, max 10 mL

>1 y: 10 mL

**Sodium docusate**

<1 y: 5 mL/kg

>1 y: 10 mL

**Sodium phosphate**

<1 y: 5 mL/kg

>1 y: 10 mL

**NaCl**

<1 y: 5 mL/kg

>1 y: 10 mL

**Mineral oil**

<1 y: 5 mL/kg

>1 y: 10 mL


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