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|  |  | ConstipationHaving trouble passing a stool (pooping). This is common in young children due to dietary changes and toilet training. |
| Contact**PHONE:****763-333-7733** *24-hour access to care***FAX:****763-333-7711****WEBSITE:****childandteenmedicalcenter.com****EMAIL:****info@childandteenmedicalcenter.com**LOCATIONS:**Blaine:**11107 Ulysses Street NE, Suite 100Blaine, MN 55434**Fridley:**7225 University Ave NEFridley, MN 55432PROVIDERS:Kaylee Adams, CNPJennifer Benton, CNPCatherine Chang, MD John Hollerud, MDJennifer Rousseau, MDStephen Sitrin, MDBenjamin Williams, CNPMolly Wirtz, CNP |  | WHAT to Expect:* Pain with pooping
* Hard, pebble-like stools
* Abdominal cramping or pain
* Infrequent stools: every 3-7 days
* Incontinence (having accidents): pooping in pants after being potty trained

IMPORTANT TO KNOW:* Encourage lots of fluids: water and fruit juices (apple, pear, or prune)
* Regular servings of fruits, vegetables, and whole grains
* Limit intake of binding foods: applesauce, rice, milk, cheese, gelatin (fruit snacks, Jell-O)
* Stool softeners/suppositories/enemas if needed
* If a child is toilet trained, have the child sit on toilet after meals for 5-10 minutes
* Place stool under feet to keep knees at hip level—squat position can help pass poop
* Ensure patient stays active, lack of activity slows bowel function
* For infants: massage tummy, bicycle legs
* Clean skin well after pooping to prevent skin irritation which could cause pain with further stools

WHen to call the clinic: * Worsening abdominal pain
* Blood in stool
* >2-3 days without a stool (unless breastfed)

Medication Dosages for Current Weight ( )Acetaminophen (Tylenol): every 4-6 hoursIbuprofen (Motrin or Advil): every 6 hours |