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|  |  | Constipation  Having 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 100  Blaine, MN 55434  **Fridley:**  7225 University Ave NE  Fridley, MN 55432 PROVIDERS: Kaylee Adams, CNP  Jennifer Benton, CNP  Catherine Chang, MD  John Hollerud, MD  Jennifer Rousseau, MD  Stephen Sitrin, MD  Benjamin Williams, CNP  Molly 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 hours  Ibuprofen (Motrin or Advil): every 6 hours |