

## CONSTIPATION

### **Symptoms:**

- Hard, dry stools that come infrequently.
- Sometimes cause pain and bleeding during bowel movement.
- No bowel movement for more than four days (exception: exclusively breast fed infants may go longer periods up to 7 days).
- Abdominal pain.

### **Treatment:**

#### Infant (0-4 months)

- Try using a well-lubricated thermometer or Q-tip to stimulate the rectum.
- Prune or pear juice: 1oz daily per month of age (example 2month child may have 2 oz a day – max 4 ounces daily).
- If these steps do not work, call for further consultation during regular office hours.

#### Infant 4 months – 1 year

- Treatments as described above plus:
- Limit binding foods such as bananas, rice, cereal, and applesauce.
- Increase high fiber content foods (fresh fruit – especially pears, prunes, apricot and veggies).
- Add fruit juices to diet (no more than 4-6 oz per day).
- A warm bath may decrease abdominal cramps and encourage a BM.
- If these steps do not work, call for further consultation during regular office hours.

#### Over 1 year

- Treatments as described above plus:
- Limiting binding foods (pasta, white bread, rice & bananas) plus excessive dairy product (milk >16-20 oz a day, cheese, yogurt).
- Increase high fiber foods including bran, whole grains (popcorn if over 3 years of age).
- If these steps do not work, call for further consultation during regular office hours.

**Call immediately if:** Constipation is not an emergency – but if complaining of severe abdominal pain – especially located in the lower right belly or associated with loss of appetite or fever, you should contact the office immediately as this could represent appendicitis.

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