DR ROHAN MALIK, FRACP
Paediatric Gastroenterologist

My constipation action plan

A simple green-yellow-red plan for home and school.

PATIENT NAME | DATE OF BIRTH | TODAY | WEIGHT (KG

Clean-out medicines (if prescribed)

Medicine	How much	How often	Other instructions

GREEN ZONE

Feeling good

- Eating well
- Normal play
- No tummy pain
- Soft comfortable poo
- Clean underwear

EVERYDAY PLAN

YELLOW ZONE

Things are slipping

- Eating less
- Some tummy pain
- Harder poos
- No poo for ~3 days
- Streaks/soiling

YELLOW-ZONE PLAN

RED ZONE

Feeling worse

- Not eating normally
- More tummy pain
- Belly bloating
- Pooing hurts
- Larger accidents

RED-ZONE PLAN

Traffic-light concept adapted from source material from Uniformed Services University and Walter Reed National Military Medical Center.

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Constipation action plan - education

The practical habits that make the medical plan work.

1 Sit after meals

For toilet-trained children, try about 5 minutes after breakfast and another main meal.

2 Use a footstool

Feet supported, knees a little higher than hips, leaning forward with a relaxed tummy.

3 Reward the routine

Praise sitting, taking medicine and following the plan - not only whether a poo appears.

Poo consistency - what are we aiming for?

1-2 **hard / lumpy**
Track the pattern, not one isolated poo.

3-4 **formed / soft**
Track the pattern, not one isolated poo.

5-7 **looser / watery**
Track the pattern, not one isolated poo.

My potty schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat

i Food, fluid and movement: aim for a normal age-appropriate intake of fruit, vegetables, grains and fluids plus daily activity. Extra-large amounts of fibre can worsen bloating, and forcing excessive water does not cure stool retention.



Your feedback is welcome

If you would like to leave a Google review about your experience, scan the QR code.

Please avoid including your child's name or private health information in a public review.