DR ROHAN MALIK, FRACP
Paediatric Gastroenterologist

Home disimpaction guide for parents

A clear day-by-day plan for clearing a significant stool build-up.

Disimpaction means clearing a build-up of poo. Use the one product and age row recommended for your child. These are general schedules; follow your child's individual plan if it differs.

Macrogol 3350 with electrolytes - adult formulation sachets per day

Age	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1-6 years	1	2	2	3	3	4	4
6-12 years	2	3	4	5	6	6	6
12+ years	8	8	8	-	-	-	-

One adult-formulation macrogol 3350 with electrolytes sachet equals two Movicol Junior sachets. Check the exact formulation with your pharmacist.

OsmoLax - small 8.5 g scoops per day

Age	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
2-6 years	2	3	3	4	5	6	6
6-12 years	3	4	6	8	9	9	9

How to give the medicine

Mix the day's prescribed amount in liquid as directed on the product label. It may be kept in the fridge and drunk in portions through the day. Encourage usual drinks. Loose stools and some temporary soiling can occur as the build-up clears. Check progress with your treating clinician around day 4. Once the disimpaction is complete, start the prescribed maintenance treatment immediately to help prevent the poo from building up again. Arrange follow-up within four weeks.

! When to get help: Contact your treating team if your child cannot take the medicine, is not improving, or you are unsure when to stop. Seek urgent medical assessment for severe or worsening abdominal pain, repeated vomiting, a swollen abdomen, dehydration, or a child who appears very unwell.

PARENT RESOURCES

Continence Australia - constipation in children

Kids Health Info - constipation

Constipation and encopresis diary

Raising Children Network - constipation

Adapted from the Royal Children's Hospital outpatient disimpaction schedule. Use with advice from your child's clinician.



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.