

Patient Name: _____ Date of Birth: _____

DoDID: _____

Provider Name: _____ Today's Date: _____

Patient's Weight: _____ Kg

CLEAN-OUT MEDICINES

HOW MUCH

HOW OFTEN

OTHER INSTRUCTIONS

Special instructions when I am: ● *feeling good*, ● *feeling bad*, ● *feeling worse*

GOOD

EVERY DAY MEDICINES

HOW MUCH

HOW OFTEN

OTHER INSTRUCTIONS

GREEN ZONE



- Eating well
- Normal play
- No belly pain
- 1 soft poop every day
- Clean underwear

Schedule _____ or more toilet times every day
Use a Potty Stool with every scheduled toilet time

BAD

YELLOW ZONE MEDICINES

HOW MUCH

HOW OFTEN

OTHER INSTRUCTIONS

YELLOW ZONE



- Eating less
- Playing less
- Some belly pain
- Harder poops
- No poop in 3 days
- Poop streak in underwear



After 24–48 hours in **Yellow** (Bad) Zone, *move* to **Red** (Worse) Zone.

WORSE

RED ZONE PLAN:

RED ZONE



- Not eating
- No play
- More belly pain
- Belly bloating
- Pooping hurts
- Poop accident in underwear

Notify your provider via Secure Messaging or Call your clinic for visit. Telephone: _____

Constipation Education Video

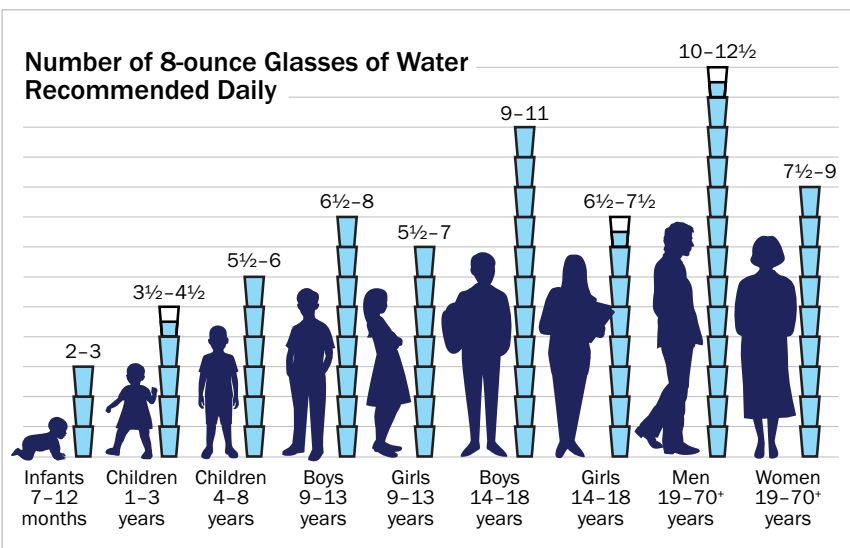
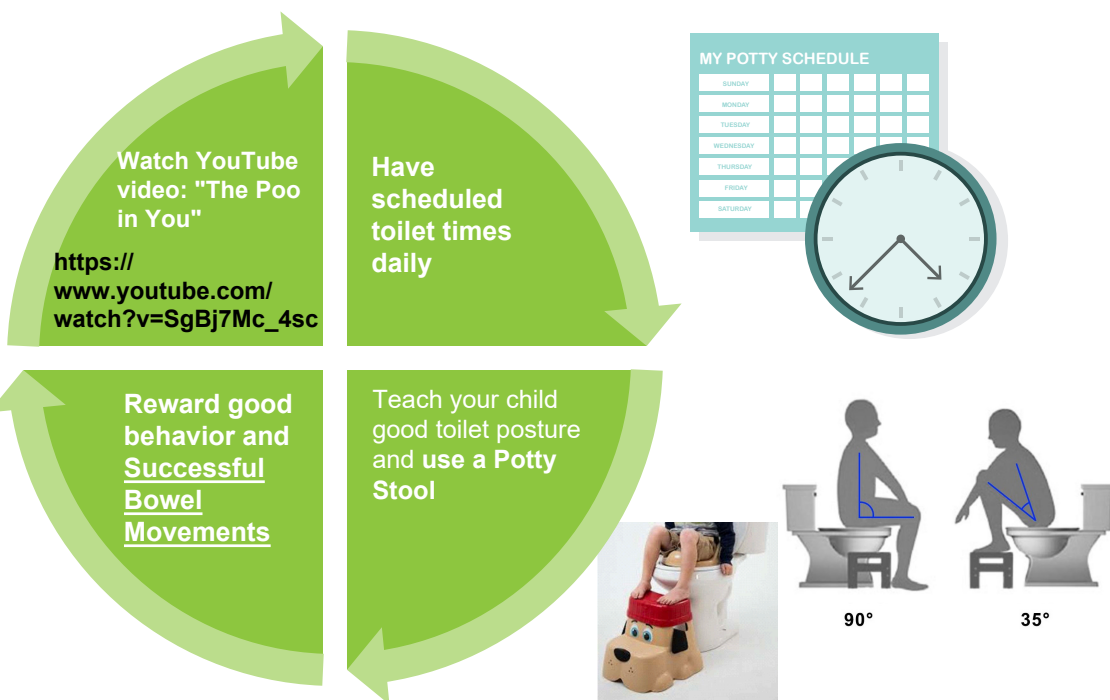


- Step 1:** Open up the camera app.
- Step 2:** Position your phone so the QR code appears in the digital viewfinder.
- Step 3:** Launch the code by tapping on the notification.

Pediatric Bristol Stool Form Scale

adapted from ©2011 Lane et al. JPeds.

1		Separate hard lumps, like nuts (hard to pass)
2		Sausage-shaped but lumpy
3		Like a sausage or snake, smooth and soft
4		Fluffy pieces with ragged edges, a mushy stool
5		Watery, no solid pieces



Sources of Fiber

- Fruits raw and canned:
- Whole grain breads:
- Unrefined cereals:
- Soups (vegetable, bean, pea, lentil, barley):
- Nuts:
- Vegetables raw and cooked:
- Bran muffins: