

PICU BOWEL PROTOCOL

Patient >2 years of age

Patient has no stool production within 48 hours of commencing feeds.

(If patient has normal home bowel regimen start with this regimen) – escalate to below if no results

Prescribe and administer: Laxol® (stool softener + stimulant) **AND** lactulose (osmotic laxative)

Laxol® tablets (docusate 50mg + sennosides 8mg) (can be crushed for NG administration)

- children 2 – 6 years 1 tablet daily
- children 6-12 years 2 tablets daily
- children > 12 years 2 tablets twice daily

Lactulose

- children 2-5 years 5 ml twice daily
- children 5-10 years 10 ml twice daily
- children > 10 years 20ml twice daily

Patient has no stool production within 48 hours

Change prescription to: Macrogol (Molaxole® - osmotic laxative) sachets.

- children 2-6 years ½ to 1 sachet daily
- children 6-12 years 1 to 2 sachets daily. Can be increased to twice daily if required
- children >12 years 1 to 3 sachets daily.

One sachet is dissolved in 125ml of water. Do not alter volume as action dependent on osmotic concentration. Maybe contraindicated for patients with cardiovascular or renal impairment.

OR

Prescribe and administer: Sodium Picosulfate (Ducolax®) 2-4 years (2.5-10mg). 4-18 years (2.5-20mg)

OR

Prescribe and administer bisacodyl (stimulant laxative) when Macrogol contraindicated or not tolerated.

- children <12 years 5–10mg bisacodyl EC tablets or 5-10mg bisacodyl suppository daily
- children >12 years 10–15mg bisacodyl EC tablets or 10-20mg bisacodyl suppository daily

Patient has no stool production within 24 hours (continue Molaxole or Laxol® and Lactulose).

Prescribe and administer:

- Glycerol suppository (1 supp). **OR** 1 Micolette enema

Patient has no stool production within 12 hours (continue Lax-Sachets or Laxol® and Lactulose)

Consider after discussion with SMO/Fellow.

(Caution in renal failure/hyperphosphatemia)

- children 2-12years ½ Fleet® phosphate enema (osmotic laxative)
- children > 12years 1 Fleet® phosphate enema (osmotic laxative) OR Fleet®

- Once regular bowel habit achieved, continue with Laxol® and lactulose
- If diarrhoea (more than 6 liquid stools in 24 hours) or feeding intolerance occurs reassess.
- Molaxole is equivalent to Movicol® and Lax-Sachets. Dosing is based on adult sachet (only preparation available in NZ).
- Refer to Starship Constipation Clinical Guideline when required for management of faecal impaction.

Do not routinely administer any laxatives to patients with potential intestinal obstruction or following lower bowel surgery. Patients on opiates will require active bowel management especially if also receiving muscle relaxants.

References: Various data sheets. <http://www.medsafe.govt.nz>