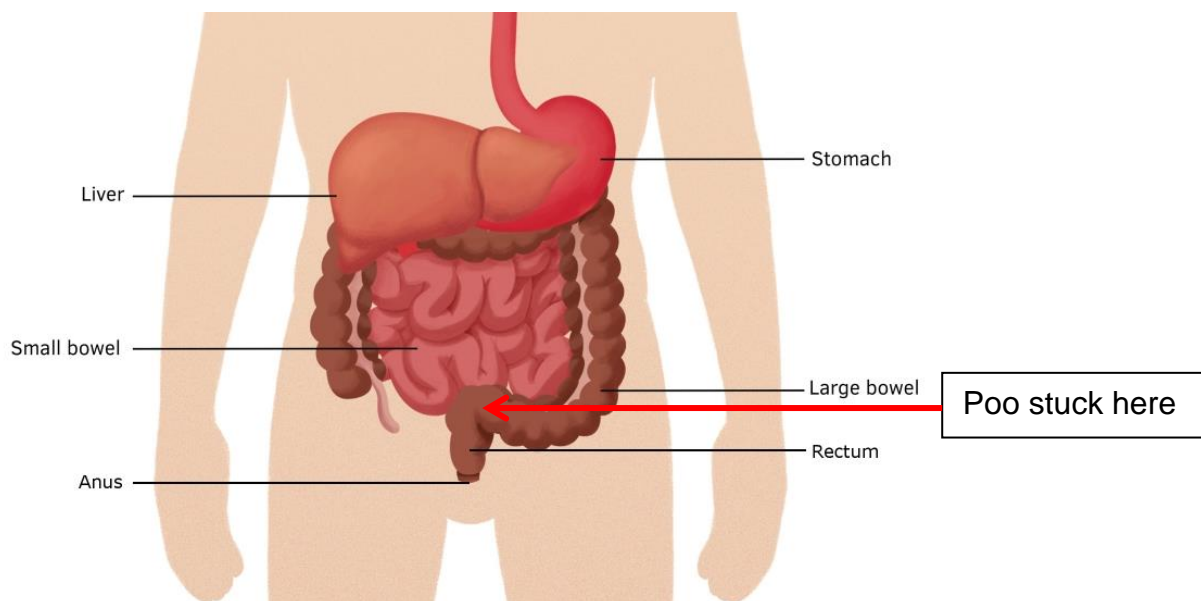


# Macrogol 3350 Paediatric Disimpaction Regime (1 – 4 years)

Name of Child	
Date of Birth	



If your child has a poo (stools) in their pants, the likely cause is that they have a hard lump of poo in their bowel, just above where the poo comes out. Hard poo can also give tummy pains and sometimes make your child want to eat less.

This will be keeping the bottom end of their bowel open and means that they cannot hold onto loose poo; therefore loose poo gets into their underwear.

The Doctor will discuss with you starting a disimpaction regime using a laxative drink called Paediatric Macrogol 3350. Please note once your child has completed the course below, your GP may prescribe an alternative.

## Your child's Paediatric Macrogol 3350 Disimpaction Regime:

It is important to mix each sachet in 62.5ml of water. The total daily dose should be taken over a 12 hour period			
Day:	Number of sachets of Paediatric Macrogol 3350 per day		Doctor's comments:
Day 1	Take 2 sachets over a 12 hour period	If bowels have opened take the maintenance dose the next day (one to two sachets per day) If bowels have NOT opened then follow day 2 instructions	
Day 2 & 3	If bowels have NOT opened take 4 sachets over a 12 hour period	If bowels have opened take the maintenance dose the next day (one to two sachets per day) If bowels have NOT opened then follow day 4 instructions	
Day 4 & 5	If bowels have NOT opened take 6 sachets over a 12 hour period	If bowels have opened take the maintenance dose the next day (one to two sachets per day) If bowels have NOT opened then follow day 6 instructions	
Day 6 & 7	If bowels have NOT opened take 8 sachets over a 12 hour period	If bowels have opened take the maintenance dose the next day (one to two sachets per day) If bowels have NOT opened then consult your doctor	

# Macrogol 3350 Paediatric Disimpaction Regime

## (1 – 4 years)

Continue on 1-2 sachets of Paediatric Macrogol 3350 each day until your child is passing soft stools regularly into the toilet without straining and no more hard stools are being passed. If necessary increase the number of sachets until regular, soft stools are passed. It is important to continue with 1-2 sachets a day until your child has been seen by a Paediatrician again.

It is also important that your child drinks at least a litre of fluid throughout the day to avoid dehydration.

### How long will my child need to take Paediatric Macrogol 3350 for?

It is unlikely that your child will need the Paediatric Macrogol 3350 for more than a month unless constipation has already been a long term problem, in which case your child may need to continue with some form of laxative drink for 6-12 months or longer.

### Are there any side effects from taking Paediatric Macrogol 3350?

Initially you may find your child has runny stools or staining in their underwear until the blockage clears. It is therefore advisable to start the regime when they are off nursery / school for their own comfort. Occasionally Paediatric Macrogol 3350 may cause abdominal pain, nausea, flatulence (wind) or abdominal distention. If any of these side effects are unmanageable, please contact your GP.

### What do I do if my child will not take the Paediatric Macrogol 3350?

Some children may not like the taste/texture of the Paediatric Macrogol 3350. The taste can be disguised by different squashes/juice/milkshake or Paediatric Macrogol 3350 can be added to foods (diluted appropriately first). Try your best to encourage them, or alternatively, contact your GP/Health Visitor for advice and/or discuss this with your paediatrician when your child is next reviewed

### How often and for how long should my child visit the toilet?

Your child should always go to the toilet when they feel the urge and should not 'hold on' for long periods of time.

It is advisable that your child goes to the toilet approximately 15-30 minutes after each meal as the bowel is stimulated by eating and this may aid them passing a stool.

### For further information

ERIC – The Children's Bowel and Bladder Charity. This website has useful information, interactive videos and games in the 'Help for kids' section: [www.eric.org.uk/](http://www.eric.org.uk/)

Bladder and Bowel UK. This website has advice and help for children with autism and additional needs: [www.bladderandboweluk.co.uk/](http://www.bladderandboweluk.co.uk/)

Mid Cheshire Hospitals NHS Foundation Trust – Children's Continence Service leaflets available: [www.mcht.nhs.uk/information-for-patients/patient-leaflets/children-and-young-people-paediatrics/](http://www.mcht.nhs.uk/information-for-patients/patient-leaflets/children-and-young-people-paediatrics/)

See the NICE Constipation in children and young people leaflet: [www.nice.org.uk/guidance/CG99/ifp/chapter/About-this-information](http://www.nice.org.uk/guidance/CG99/ifp/chapter/About-this-information)

This information is available in audio, Braille, large print and other languages.  
To request a copy, please ask a member of staff.

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Because you  matter