



PREMIER MEDICAL ASSOCIATES

Constipation

Constipation is defined as pain or crying during the passage of a bowel movement. Hard or large bowel movements or unable to have a bowel movement > 3days are all symptoms of constipation. Some children may have abdominal pain, specifically around the belly button.

You should call your doctor immediately if your child is:

- Vomiting >3times in 2 hours
- Breastfed newborn(<1mo old) with signs of dehydration
- Age <2 months
- Leaking stool
- Abdominal pain is severe and continuous for longer than 1 hr

Constipation is typically treated by making changes in your child's diet. Add undiluted fruit juices, raw fruits and vegetables. Foods that begin with "P" are especially helpful. These include peaches, prunes, plums, pears and popcorn (for children >3yo). Also adding whole grain foods add fiber into the diet. Decrease the foods included in the "BRAT" diet (bananas, rice, applesauce, and toast).

If constipation occurs during potty training it is important to establish a regular bowel pattern by sitting on the toilet for 10 minutes after meals. If your child is resisting toilet training by withholding, temporarily stop training.

Patient Information

Medical Disclaimer

Premier Medical Associates PC offers the information on this Web site for general educational purposes only. This information should not be used for diagnosis, nor should it be considered a replacement for consultation with a healthcare professional. If you have questions or concerns about your health or the health of your child or dependant, please contact your healthcare provider immediately.