Early Help Team – South

Children, Families & Community Health

Saltway Centre

Pearl Road

Swindon

SN5 5TD

Date:

Dear Sir/Madam,

Re: DOB:

In accordance to the Continence Pathway I have undertaken a Constipation/Soiling Assessment on the above named child (please see attached) and it appears that he/she is suffering from chronic constipation.

The assessment is guided by the current NICE guidelines and as such advice on diet, lifestyle and fluids has been provided. Please note however, that a physical examination is not part of our assessment. I have suggested to parents/carers that a physical examination and prescribed medication may be required.

I would therefore appreciate your assistance to help relieve immediate symptoms and begin the long term treatment.

NICE guidelines1 for the treatment of chronic constipation and/or prevention of faecal impaction recommend oral macrogols as the first-line laxative of choice unless otherwise indicated.

* Children 1–6 years should have 1-4 (max) sachets daily; with an adjusted dose to produce regular soft stools.
* Children 6–12 years; 2-4 (max) sachets daily; with an adjusted dose to produce regular soft stools.
* Children/young person 12–18 years; 1–3 sachets daily in divided doses, adjusted according to response.

For disimpaction NICE guidelines suggest Child under 1 year: ½–1 sachet daily; Child 1–5 years: 2 sachets on 1st day, then 4 sachets daily for 2 days, then 6 sachets daily for 2 days, then 8 sachets daily; Child 5–12 years: 4 sachets on 1st day, then increased in steps of 2 sachets daily to maximum of 12 sachets daily.

Please do not hesitate to contact me on the numbers below for any further information. Many thanks for your help.

Yours faithfully,

Specialist Community Public Health Nurse (Schools)