

Any other information:

e.g Soiling, Withholding, Toilet refusal, Other medication

**1.**Start a macrogol **2.**Signpost to poo nurses video **3.**Review after 6 weeks **4.** Poor response refer to triage team

We are now only accepting referrals by way of this referral form via e-RS. We require all fields to be completed and NICE guidelines to be followed for **6 weeks** prior to referring.

If yes, remember to review after 6 weeks. If starting the disimpaction regime, to review in 1 week.

If no, following the NICE guidelines (CG99) start macrogol and review in 6 weeks.

Other medical conditions:

Child’s Name:

Sex:

Parents Name:

Language:

Parents email address:

● If child is non-compliant taking a Macrogol, consider other laxatives e.g Lactulose/Senna/Sodium Picosulphate.

See Children’s BNF for dosage.

● Laxatives are ALWAYS first line treatments of acute and chronic constipation in children.

**Please signpost parents to this video** [www.thepoonurses.uk](http://www.thepoonurses.uk) **for information on how to use a Macrogol**.

Y  N  Not Examined

● The aim is to titrate doses to ensure the passage of soft, pain free stools. Maintenance doses should continue for at

least 3-6months AFTER the symptoms have been improved.

● Consider toileting regimes, rewards, physical activity, fluids and a normal healthy diet BUT remember diet and fluid

adjustments DO NOT breakdown hard faeces, they are an adjunct to healthy living and good bowel function.

**Please note:** We cannot accept the referral unless all fields are completed and the child meets our criteria.

Y  N

0-6mths  6-12mths  12mths+

**Please note:** This referral will be triaged by a Paediatric Consultant and Specialist Nurses. The child will be streamed to be supported by either **a nurse led service** or given a consultant appointment.

**RED FLAGS –**

**Does the child meet any of the following? If yes to any answer, please refer without delay.**

● (Significant concern about a possible underlying cause such as coeliac disease)

Y  N

Y  N

Y  N

Y  N

Y  N

● Severe abdominal distension?

● Symptoms from birth or first few weeks of life?

Y  N

● Failure/delay to pass meconium? (more than 48 hours after birth in a term baby)

● Abnormal perianal examination?

● Abnormal lower limb neurology?

● Abnormal lumbo-sacral spine examination?

● Faltering growth?

If this is the first episode, following NICE guidelines, commence on a Macrogol and review in 6weeks.

How long has the child been experiencing constipation?

Has the child been started on a Macrogol?

**Key points to remember**

Telephone:

NHS Number:

Date of Birth:

Child’s Address:

**Childhood Constipation Referral Form**