

Child's Age  
12-18 Years Old  
(Adult Sachets)

# My Dis-Impaction Diary

Dis-Impaction can take up to 2 weeks to achieve. Complete the chart below to track your child's progress throughout dis-impaction. If you need any help or advice please always contact us—we are on this journey with you.

Our Email: [dgn-tr.dvh-childhoodconstipation@nhs.net](mailto:dgn-tr.dvh-childhoodconstipation@nhs.net)      Our Tel No: 01322 428 550



	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Sachets to Give	4	6	8	8	8	8	8
No. of Sachets Given?							
Stool Passed and Type?							
	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Sachets to Give	8	8	8	8	8	8	8
No. of Sachets Given?							
Stool Passed and Type?							

Notes: \_\_\_\_\_  
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