

## **My Constipation Action Plan**



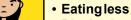
Patient Name:	Date of Bir	rth:lde	entification Number:	
Provider Name:	Today's Da	ate:	Child's Weight:	
CLEAN-OUT MEDICIN	HOW MUCH	HOW OFTEN	OTHER INSTRUC	CTIONS
Special instructions when	I am: <b>feeling good</b> ,	feeling bad, efee	ling worse	
GOOD	EVERY DAY MEDICINES	HOW MUCH HOW	OFTEN OTHER INST	<u> </u>
GREEN	• Eating well •1 soft poop			

**BAD** 

## YELLOW ZONE MEDICINES HOW MUCH HOW OFTEN **OTHER INSTRUCTIONS**







- Playing less
- · Some belly pain
- Harder poops
- No poop in 3 days
- · Poop streak in underwear



After 24 to 48 hours in Yellow (Bad) Zone, move to Red (Worse) Zone.

WORSE



- Not eating
- No play
- More belly pain
- Bigger belly (bloating)
- Pooping hurts
- Poop accident in underwear

**RED ZONE PLAN:** 

Send a message to your team by Secure Messaging or Call your clinic. Telephone: