

Constipation in Infants (<1 year)

- Add sorbitol-containing juice to formula (apple, prune, pear)
- Use barley cereal instead of rice cereal
- If child is on solid foods, feed child fruits and vegetables before giving formula or breast milk.
- Laxatives that are safe in children under 1 year
 - **Glycerin suppositories** only if hard impacted stool
 - do not use regularly or child may become behavioral conditioned to depend on this to initiate stooling.
 - **Miralax**
 - < 18 months 0.5-1 tsp daily (0.8g/kg/day)
 - Dose based on your child's weight is _____
 - **Lactulose**
 - 1 ml/kg daily
 - Dose based on your child's weight is _____
- **Do not** use stimulant laxatives in infants (ie. Senna, bisacodyl, etc)

Remember – the number of stools per day in an infant may vary from several a day to only having stools every several days. Just because your child does not have a bowel movement daily does not mean that they are constipated! You should only be worried about constipation if your child is in distress from not having a bowel movement or while trying to stool.