

Constipation in Kids

by Dr Carl Leith van Heyningen

based on **NICE** guidance for children over 1 year

Identifying symptoms (two or more)



Anal bleeding?

Painful stools?

Low appetite?

Less than 3 stools?
(per week)

Rabbit dropping stools?

Anal pain or fissure?

Soiling leakage?

Retentive posture?

Large stools?

Abdo pain?

Red flags on history?

Constipation in the first few weeks

Abnormal growth or development

Abdo distension with vomit

Ribbon stools

Red flag?
Abnormal exam?

Normal Examination?

- General appearance
- Check gait
- Inspect anus, sacrum, buttocks, spine and skin
- Palpate the abdomen
- Check lower limb tone, power & reflexes

Idiopathic
95%

TREAT
refer to
generalist

DO NOT TREAT
refer to a
specialist

5% of cases

#EM3

East Midlands Emergency Medicine Educational Media