

Table 6. Commonly used medication for pediatric constipation (comprehensive data from literature)^{12,42,45,47}.

Osmotic Laxatives	Dosage	Adverse effects	Comments
Lactulose (solution)	Solution 1-3 ml/kg per day in divided doses	Flatulence, abdominal cramps, hypernatremia	Synthetic disaccharide. Well tolerated long term
Lactitol (solution)	0.375-2 ml/kg per day in 1-2 divided doses (also available as sachets powder)	Same as lactulose	Synthetic disaccharide. Well tolerated long term
Sorbitol (solution)	1-3ml/kg per day in divided doses	Same as lactulose	Same as lactulose
Magnesium salts (liquid 16.7%)	<6 years, 1-3ml/kg per day; 6-12 years, 100-150ml/day; > 12 years, 150-300ml/day; in single or divided doses	Infants susceptible to magnesium poisoning. Overdose can lead to hypermagnesemia, hypophosphatemia, and secondary hypocalcemia	With caution in patients with renal insufficiency
Polyethylene glycol-electrolyte solution	For disimpaction: 25ml/kg per hr (to 1000 ml/hr) by nasogastric tube until clear or 20ml/kg for 4 hr/day For maintenance: (older children) 5-10, and ml/kg per day	Difficult to take. Nausea, bloating, abdominal cramps, vomiting and anal irritation Aspiration, pneumonia, pulmonary edema, Mallory-Weiss tear	Caution for electrolyte imbalance and dehydration May require hospital admission and nasogastric tube
Lubricants			
Mineral oil	<1 year old; not recommended. Disimpaction: 15-30ml/yr of age, up to 240ml daily. Maintenance: 1-3ml/kg per day	May cause lipid soluble vitamins malabsorption. Lipoid pneumonia if aspirated foreign body reaction in intestinal mucosa	Softens stool and decreases water absorption. More palatable if chilled. Anal leakage indicates dose too high or need for clean-out
Stimulant Laxatives			
Senna	2-6 years old: 2.5 7.5ml/day; 6-12 years old: 5-15ml/day. Available as syrup, 8.8mg of sennosides/ 5ml. Also available as granules and tablets	Idiosyncratic hepatitis, Malanosis coli, Hypertrophic osteoarthropathy analgesic nephrology	Melanosis coli improves 4-12 months after medications discontinued
Bisacodyl (tablets or suppositories)	≥2 years old: 0.5-1 suppository 1-3 tablets per dose. Available in 5-mg tablets and 10-mg suppositories	Abdominal pain, diarrhea and hypokalemia abnormal rectal mucosa and (rarely) proctitis. Case reports of urolithiasis	
Stool Softeners			
Glycerin suppositories		No side effects	use for disimpaction in older infants