

Constipation Care Pathway GP – PEBBLES – level 1

Red Flags

- Delay in passing meconium for more than 48 hours after birth
- Abdominal distension with vomiting
- Family history of Hirschsprung's disease.
- Ribbon stool pattern – more red flag if present from birth
- Symptoms of constipation appearing from birth or during the first few weeks of life

Plans for all children

- Liaise with relevant healthcare professionals
- Any continence support/ advice needed – Liaise with PEBBLES
- Provide verbal and written fluid and toileting information
- Consider safeguarding issues – compliance, failure to progress or other welfare concerns – speak to safeguarding team

Child presents with constipation and/or soiling

Initial assessment by GP

Any Red Flag signs

No

No

Child presents with constipation

Commence on macrogol as per NICE guidelines

Give advice re:- fluid intake and start toileting routines

Parent/carer to complete bowel charts for assessment

Keep under review 4 – 6 weekly

Constipation improved in 3 month?

Yes

Continue support and prescribing macrogol for at least 6 -12 months

Any on-going constipation issues?

No

Treatment complete

No

Child presents with soiling twice a week or more

Or

Has varied stools including type 1 stools

Or

Symptoms of constipation have been going on for 12 weeks or more with tier 1 intervention already in place

Commence disimpaction on macrogol as per NICE guidelines

Refer to PEBBLES (Children's Continence Service for further assessment and appropriate treatment/management (Tier 2)

Yes