



GI Kids.org Patient & Family RESOURCES

Managing Constipation

- **Poo in You:** A wonderful video if your child is having problems with soiling accidents. This is one of the most common problems seen by both



pediatric GI and primary care providers. This interactive animated video explains what causes the accidents, why they happen so often, and how we can treat the problem.



Download Video

- English
- Spanish

- **Constipation Fact Sheet:**

Constipation is defined as either a decrease in the frequency of bowel movements, or the painful passage of bowel movements.

- English
- Spanish
- French



Visit GIKids.org for more information on Constipation



- **Constipation and Fecal Soiling:**

When children are constipated for a long time they may begin to pass stool in their clothing. This is called fecal soiling, and the child is typically unaware that they are going to have an accident.

 English

 Spanish

 French

 **Visit [GIKids.org](https://www.gikids.org) for more information on Constipation and Fecal Soiling**

- **Frequently asked Questions on Polyethylene Glycol 3350 (PEG 3350) or Miralax:**

PEG 3350 is the most commonly used form of PEG in the United States and Canada for the treatment of constipation and is the focus of discussion in this FAQ. Commonly used brand names of PEG 3350 available in the United States and Canada are MiraLax, GlycoLax, Lax-A-Day and RestoraLAX.

 **[Click Here to Learn More](#)**

- **Toilet Training Tips**

This guide helps parents and caregivers with toilet training for 18 months - three year old children. However, these guidelines are applicable for all ages.

 **[Download Toilet Training Tips](#)**

- **Bowel Management Record**

This tool provides an organized way to record your child's bowel movement efforts along with keeping track of use of therapies.

 **[Download the Tool Here](#)**

