Constipation in children and young people

Information for the public
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About this information

NICE quality standards help to improve key areas of health or social care so that people are offered the best care available.

This information explains the care and support described in NICE quality standard 62 on constipation in children and young people.

Constipation in children and young people

The quality standard for constipation in children and young people is made up of 6 statements that describe high-quality care. These statements set out the quality of care they should receive.

1. Children and young people with constipation have a detailed assessment, which includes asking about their symptoms and other problems, and a physical examination. This will help to check that the constipation is not caused by anything serious.

2. Children and young people with constipation receive a medicine called a laxative to mix with water and drink as their first treatment.

3. Children and young people starting laxative treatment for a blockage in the bowel caused by constipation (called faecal impaction) should have their treatment reviewed by a healthcare professional within a week.
4. Children and young people starting laxatives for the ongoing treatment of constipation (either as their first treatment or after treatment to clear a blockage) receive a treatment review from a healthcare professional within 6 weeks.

5. Children and young people with constipation who are starting laxative treatment, or their parents or carers, receive written information about laxatives, including how to take them and what to expect from the treatment.

6. Children and young people whose constipation does not improve after 3 months of laxative treatment are referred to an expert in constipation in children and young people.

**Your care**

Your health and social care team should explain any treatment, care or support you should be offered so that you can decide together what is best for you.

We also have more information on the NICE website about using health and social care services.

**More information on constipation in children and young people**

NICE has also produced guidance (advice) on constipation in children and young people. The guidance was used to develop this quality standard.

**Sources of advice and support for people with constipation in children and young people their families and carers**

- ERIC (Education and Resources for Improving Childhood Continence), 0845 370 8008
  www.eric.org.uk

- PromoCon, 0161 607 8219
  www.promocon.co.uk

You can also go to NHS Choices for more information about health and social care.

NICE is not responsible for the quality or accuracy of any information or advice provided by these organisations.

A number of organisations who share NICE's commitment to improving quality in this area formally support this quality standard. They may also be able to provide advice and support. For a list of
these organisations see the constipation in children and young people quality standard on the NICE website.


Accreditation

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