

# Constipation in Kids

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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