



# Treatment for Constipation

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## How is constipation treated?

The typical treatment for constipation is a three step process that involves:

1. Cleaning out all of the poop that is in the large intestine (Clean-Out).
2. Keeping the colon cleaned out by maintaining soft regular bowel movements (Maintenance).
3. Weaning off medication and treatment.

Your health care team will talk with you about your child's specific care plan to treat constipation.

This care plan is based on:

- Cause of the constipation, if one is found
- Your child's specific dietary needs
- Your child's age, overall health and any special care needs
- How long your child has had trouble with constipation
- Your child's ability to tolerate medications, tests or therapies
- How long your child may require treatment for constipation
- Your feedback on what works best for your child

The length of treatment varies with each child and their unique situation. It can often take months to help completely resolve constipation and any associated pain.

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