

Date:

Regarding :

DOB:

Diagnosis: Constipation, Encopresis

NAME has struggled for years with constipation and encopresis. Encopresis is a condition where stool leakage occurs without the child being able to control this. This can result from chronic constipation and is best treated with proper diet, fluids, therapy, medications and timed toileting.

Due to the above diagnoses, NAME requires the following care routine at school:

1. NAME is to have access to a private toilet (nurse's office) for 10-15min after lunch every day. This child may need to use a foot stool as needed for proper positioning (knees higher than hip level while sitting on the toilet). This is to allow the body to naturally evacuate and avoid stool back up and constipation.
2. Allow NAME access to the bathroom as needed to manage bladder and bowel throughout the day. Please establish a way for NAME to signal the need to use the bathroom to limit attention from peers.
3. NAME may need help with hygiene after any bowel accidents. Encourage this child to be independent with this, but then provide assistance as needed. A change of clothes and flushable wet wipes should be provided by the family.
4. Please communicate with the family daily regarding NAME's progress with toileting and if there were any bowel accidents. You may want to use the enclosed communication form. Please use the Bristol Stool Scale.

Thank you for all your support to help this child be successful.

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Daily Notes for _____

Date _____

Fluid amount consumed _____

Food consumed _____

Results of toileting:

20min after Lunch _____

Circle stool: Bristol # 1 2 3 4 5 6 7

Other notes

Bristol Stool Scale



Type 1 Separate hard lumps, like nuts



Type 2 Sausage-like but lumpy



Type 3 Like a sausage but with cracks in the surface



Type 4 Like a sausage or snake, smooth and soft



Type 5 Soft blobs with clear-cut edges



Type 6 Fluffy pieces with ragged edges, a mushy stool



Type 7 Watery, no solid pieces