**SYMPTOMATIC MANAGEMENT GUIDELINES FOR NON-HEALTH STAFF**

# CONSTIPATION

Authorized non-health staff may manage constipation as follows:

1. Offer the student milk of magnesia, 2 tablespoons (30 cc or one ounce) orally to relieve constipation.
2. Encourage generous intake of non-dairy fluids (8 full 8 ounce glasses per day).

**WHEN TO CONTACT THE ON-CALL HEALTH AND WELLNESS STAFF**

* If constipation persists for more than 3 days despite treatment as above
* If constipation is associated with abdominal pain or fever > 101°F
* If this is a recurrent problem