

# Hirschsprung's Action Plan

Green Zone	
<b>Your child is doing well</b>	<p>Your child is:</p> <ul style="list-style-type: none"> <li>• Stooling (pooping) every 24 hours</li> <li>• Eating and drinking like usual</li> <li>• Belly is soft and flat</li> <li>• No fever. Temperature is under 100.4° F (38° C)</li> <li>• Performs usual activities</li> </ul> <p style="text-align: right;"><i><b>Action Items</b></i></p> <ul style="list-style-type: none"> <li>• Keep taking your daily bowel medicines as prescribed</li> <li>• Watch for signs and symptoms in the <b>YELLOW ZONE</b></li> <li>• Reach out to PSA or MNGI if you have questions or concerns</li> </ul>
Yellow Zone	
<b>Your child is starting to have symptoms of being sick</b>	<p>Your child has one or a few of these symptoms:</p> <ul style="list-style-type: none"> <li>• Not stooling each day</li> <li>• Stooling each day but not as much as usual</li> <li>• Straining or having a hard time stooling</li> <li>• Explosive, foul-smelling diarrhea</li> <li>• Belly is distended or bloated</li> <li>• Not eating or drinking as much as usual</li> <li>• Nausea or vomiting</li> <li>• Fever – temperature is over 100.4° F (38°C)</li> <li>• Less energy or sleeping more than normal</li> </ul> <p style="text-align: right;"><i><b>Action Items</b></i></p> <ul style="list-style-type: none"> <li>• Start doing rectal irrigations three times per day</li> <li>• Notify PSA right away (612) 813-8000</li> <li>• Keep taking your daily bowel medicines as prescribed</li> <li>• Watch for signs and symptoms in the <b>RED ZONE</b></li> </ul>
Red Zone	
<b>Your child is sick and needs medical help</b>	<p>Your child has one or a few of these symptoms:</p> <ul style="list-style-type: none"> <li>• Belly is very distended or bloated</li> <li>• No stool comes out with irrigations</li> <li>• Not drinking liquids or eating food</li> <li>• Not peeing as much</li> <li>• Nausea or vomiting</li> <li>• Fever – temperature is over 100.4° F (38°C)</li> <li>• Fussy and not able to be comforted</li> <li>• Sleeping more, trouble waking</li> </ul> <p style="text-align: right;"><i><b>Action Items</b></i></p> <ul style="list-style-type: none"> <li>• Go to local Emergency Department for treatment or call 911</li> <li>• Call PSA right away AFTER arrival at local emergency department (612) 813-8000</li> </ul>

Pediatric Surgical Associates (612)813-8000  
 Minnesota Gastroenterology (612)871-1145