

## INSTRUCTIONS FOR MIRALAX USE

### What medicine does my child need to take?

Your child needs to take Miralax.

Miralax is used for the treatment of constipation. It is not absorbed in the GI tract, and it is excreted in fecal contents. Therefore, it is safe to use on a regular basis and will not cause dependency. Below you will find instructions for both complete bowel cleanout and maintenance phases of treatment. We are unable to give you an exact time frame for the entire process, as each patient will have individual results. Miralax should be mixed in water, juice, or gatorade.

### CLEAN OUT

- Stir the Miralax powder into water, juice or Gatorade. Your child's Miralax dose is **8 capfuls of Miralax powder in 32 ounces of liquid (for ages 4 and above)** (max dose 16 capfuls in 64 oz of liquid for more severe constipation and 4 capfuls in 16 ounces for ages 1yr-3yrs). Drink Miralax mixture over 2 hours and let the clean-out begin. There will be varying degrees of stool consistency throughout this process. Initially patient will have diarrhea, but this does not mean the clean out is complete. There is a possibility you will see food particles which is normal. Sometimes, an x-ray is needed to ensure a complete clean-out. If this is needed, we do request a follow-up exam for discussion of results and to order an x-ray if needed.

### MAINTENANCE:

#### Does my child need to keep taking medicine?

At this point, you will decrease the Miralax to **one capful in 8 ounces of fluid** (max dose 2 capfuls in 8 oz fluid). After the clean out, your child will take a daily (maintenance) medicine typically for at least 6 months. Most experts begin with the full 8 ounce portion of fluid as mixed above but then vary dosing from 2 ounces 2x daily up to maximum of 8 ounces 2x daily with amount given based on consistency of stools the previous day. If several days of 8 ounces 2x daily is not producing results, it is time to do another "clean-out" over the next available weekend. The maintenance phase lasts the longest and is typically needed for a time period equal to the number of months or years the patient has experienced constipation. After a prolonged period of success, other dietary measures to include increase in fruits, vegetables, and other sources of fiber can decrease the need for ongoing use of Miralax.

### **OTHER USEFUL MEASURES IN ADDITION TO ABOVE PROCESS:**

-Avoid dairy and dairy products.

-Increase dietary fiber to (age + 5) up to adult level of 25-30 grams per day and increase fruits and vegetables. GOAL FOR YOUR CHILD \_\_\_\_\_

-For younger children, potty sits after each meal and snack as needed. For older children, easy access to bathroom at home and at school (poop when you need to poop).

-Consider a daily Probiotic (Culturelle or Culturelle with Fiber) is a well-studied and good option.