



**Pediatric and Adolescent Medicine**  
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## **Instructions for Bowel Evacuation**

*Follow instructions  
for only the checked items below*

1.  Take one Pediatric Fleets Enema
2.  Take one Adult Fleets Enema
3.  3-11 years old. Dulcolax 5 mg immediate release tablet one time immediately before and after the Miralax regimen below
4.  > 11 years old. Dulcolax 10 mg immediate release tablet one time immediately before and after the Miralax regimen below
  - a.  Miralax
    - i.  3-5 years. 4 Capfuls (17 grams x 4) in 20 ounces of clear liquid.
    - ii.  6-11 years. 6 Capfuls (17 grams x 6) in 20 ounces of clear liquid.
    - iii.  > 11 years. 10 Capfuls (17 grams x 10) in 20 ounces of clear liquid.
5.  After the above, take Miralax  1 Capful in 8 ounces clear fluid twice daily for 7- 10 days  
 2 Capfuls in 8 ounces clear fluid twice daily for 7-10 days
6.  After the above, take Miralax 1 capful in 8 ounces once daily
7.  Magnesium Citrate. Add 1 ½ fluid ounces of Magnesium Citrate to one-half glass (4 ounces) of clear fluid and drink. This is to be followed by one glass (8 ounces) of clear fluid. Should produce results within 4-6 hours.