



**Pediatric and Adolescent Medicine**  
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### **Miralax**

Miralax is a safe and effective, over the counter, medication that is used to help with and treat constipation. It is a non-stimulant "laxative" and thus will not cause dependence and is safe to use daily. It comes in a powder form and can be mixed in water, juice or milk. It is tasteless, odorless and colorless and shouldn't change the consistency of what your child is drinking. It should not cause cramping, urgency or significant diarrhea.

When using Miralax, please use only the amount prescribed by your child's doctor. During the first few days you are likely to see watery stool. This is normal and does not mean that the underlying problem is fixed. Please continue taking the Miralax as directed. It will usually take 4-6 weeks for the stool to clear completely and the colon to shrink back down to normal size and resume adequate function. It may be necessary during the first couple of weeks to adjust the dose. Please talk to your doctor regarding this.

#### Directions:

Pour \_\_\_\_\_ grams of powder into 8 Ounces of liquid and give \_\_\_\_\_ amount once daily. A full cap is equal to 17 grams. If you give a little too much or too little don't worry, you will not harm your child.

**Caution: If your child has not had a bowel movement for several days (this varies per child); your child is vomiting (especially green or yellow); has a distended abdomen (big, hard belly)...please call your child's doctor at once and stop feeding your child.**