

Miralax Guidelines

Initial Bowel Clearing

Start this process on a Friday night, so you have the entire weekend to get it done. For small children (around 5 years old, and/or 45 lbs) mix 7 doses (7 X 17g) of the Miralax powder in 32 ounces of Gatorade or other clear, non-carbonated liquid. Have the child drink the entire bottle over 24 hours (the child can eat anything they want but drink only this). They should pass 5-6 stools (of any type) within 24-48 hours, otherwise repeat X 1 the next weekend. Larger kids (80-90 lbs) get 14 doses in 64 ounces of fluid.

Maintenance

Following the bowel clearing, the child should start on one cap (17g) in 8 ounces of fluid daily and toilet sitting after meals, especially breakfast, using a foot stool if needed and using Valsalva technique (blow in a balloon or glove or on thumb; the idea is to force the child to strain with their abdominal muscles so they cannot hold their external sphincter closed). REMEMBER - Miralax alone cannot fix the problem; they must do the toilet re-training.

Getting off the Miralax

When the child has gone 2 months without fecal soiling we start to slowly wean the Miralax. About 50% will relapse with the first try. Parents often mistake this for addiction or dependence on the Miralax, but this is incorrect, and you should just wait another month or so and try again. 1st drop dose in half for 2 weeks; then one half dose every other day for 2 weeks, then every third day for 2 weeks and stop. If at any time the problem gets worse, you simply go back up one step.