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***MIRALAX INSTRUCTIONS***

Your child has been prescribed Miralax for treatment of constipation or infrequent bowel movements. Miralax is a colorless, odorless, tasteless powder which can be added and mixed into any liquid. It works by drawing more water into the stool present in the colon, promoting softer stools and more frequent bowel movements. Miralax should be given to your child every day, in order to promote regular bowel movements. Please do not use it “as needed” for constipation (once it occurs), as this will result in a cycle of constipation alternating with diarrhea or loose stools for most children. It should be given every day just like other daily mediations.

Miralax is very safe and not addictive, as it is not a laxative. It is important, however, that your child take in plenty of foods with fiber (fruits, vegetables, cereals with high fiber, other grains) and plenty of liquids, in order for the medication to work properly and promote long-term bowel health. Miralax is usually not needed for more tan a few months or years, once a healthy diet and bowel routine are established.

Your doctor or nurse will instruct you on the dosage at which to begin, usually a capful (17grams) in 8oz. of liquid or a half-capful (8.5grams) in 4oz. of liquid. This dosage is estimated based on the severity of constipation and the size of your child. It is not unusual for children to have loose stools or diarrhea during the first week or two of treatment. This is due to e to a large number of hard stools which are dissolving gradually and liquid stool which is passing around the harder stools. In most cases, it is best to not change the dose the first week, for this reason. If after one or two weeks, the stools are still too loose, you may decrease the dose some (such as half as much). At this point, you will need to adjust the dose every few days until you have found the dosage which can be given every day to promote a soft bowel movement each day.

In rare cases, children can detect the presence of Miralax and resist drinking the fluid in which it has been dissolved. If this is the case, we suggest mixing it in chocolate or strawberry milk, as this “disguises” the Miralax.