

Miralax

Miralax known as Polyethylene Glycol 3350

Your doctor may order Miralax to soften your child's stools. Here is some important information related to this medication:

- Miralax is a mild laxative. It draws water into the colon, so stools are softer and easier to pass.
- Miralax comes as a powder and can be purchased over the counter (most insurance companies will not pay for it). Ask your local pharmacist to help you find a generic brand that may be cheaper.
- Give dose as directed by your provider. One capful = 17 grams Miralax.
- It's best to mix Miralax into 4-8 ounces water, lemonade or juice. Fluids may be hot or cold.
- It may take 2-4 days for Miralax to begin working. You may need to adjust your child's dose up or down, so that he/she has one soft stool per day. Stools should look soft and easily fall apart in the toilet.
- The most common side effects are nausea, bloating, cramping, diarrhea or gas.
- One of the biggest mistakes parents make is stopping this medicine once their child begins having soft stools. Continue Miralax daily to maintain soft stools. If stopped too early, your child is likely to become constipated again.
- If you have any questions, do not hesitate to contact the Mary Bridge Nephrology Clinic at 253.792.6630.

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