

Bowel Clean Out Using Miralax

Instructions for your child

Your child's health-care team has chosen a bowel clean out program based on how many kilograms your child weighs.

Your child weighs:

_____ pounds
 _____ kilograms (kg)

- 10 kg – Give ½ capful, 3 times each day for 2 days. Give at 8 a.m., noon and 4 p.m.
- 15 kg – Give ½ capful, 3 times each day for 2 days. Give at 8 a.m., noon and 4 p.m.
- 20 kg – Give ½ capful, 3 times each day for 2 days. Give at 8 a.m., noon and 4 p.m.
- 25 kg – Give ¾ capful, 3 times each day for 2 days. Give at 8 a.m., noon and 4 p.m.
- 30 kg – Give 1 capful, 3 times each day for 2 days. Give at 8 a.m., noon and 4 p.m.
- 35 kg – Give 1 capful, 3 times each day for 2 days. Give at 8 a.m., noon and 4 p.m.
- 40 kg – Give 1 capful, 3 times each day for 2 days. Give at 8 a.m., noon and 4 p.m.
- 45 kg – Give 1½ capfuls, 3 times each day for 2 days. Give at 8 a.m., noon and 4 p.m.
- 50 kg – Give 1½ capfuls, 3 times each day for 2 days. Give at 8 a.m., noon and 4 p.m.

Your child needs to drink 4 to 8 ounces of liquids at least 8 times per day for the 2 days that they are on this clean out program. Your child can eat food that is easy for their stomach to process for these 2 days. Good choices include applesauce, yogurt, oatmeal, mashed potatoes,

soup broth and toast with butter. Drinking clear liquids often will help them avoid feeling hungry.

Please plan on being at home for 3 days because bowel movements will be frequent and hard to predict. It may take 3 days to completely cleanse the bowel.

Once clean out is finished, give a dose of Miralax **1 time each day**. This dose is based on your child's **age**:

- Children under 5 years old – Give 1 teaspoon mixed in 4 to 6 ounces of water or juice, 1 time each day. The juice does not have to be clear.
- Children 5 to 12 years old – Give 2 teaspoons mixed in 6 ounces of water or juice, 1 time each day. The juice does not have to be clear.
- 12 years old and older – Give 1 heaping tablespoon (17 grams), mixed in 8 ounces of water or juice, 1 time each day. The juice does not have to be clear.

We may adjust your child's dose based on how the program is working for them after 5 days. When your child has soft but formed and easily passable bowel movements each day, we know the program is working.

TO LEARN MORE

- Urology (206) 987-2509
- Your Child's Health-Care Provider

Children's will make this information available in alternate formats upon request. Please call the Family Resource Center at (206) 987-2201.

This handout has been reviewed by clinical staff at Children's Hospital. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's health-care provider.