

# Bowel Clean Out Using Miralax

## Instructions for your child

Your child's healthcare team has chosen a bowel clean out program based on how much your child weighs. These weights are changed from kilograms. They are estimates.

Your child weighs about:

- 22 pounds — Give  $\frac{1}{3}$  capful, 3 times each day for 2 days. Give at 8 a.m., noon and 4 p.m.
- 33 pounds — Give  $\frac{1}{2}$  capful, 3 times each day for 2 days. Give at 8 a.m., noon and 4 p.m.
- 44 pounds — Give  $\frac{1}{2}$  capful, 3 times each day for 2 days. Give at 8 a.m., noon and 4 p.m.
- 55 pounds — Give  $\frac{3}{4}$  capful, 3 times each day for 2 days. Give at 8 a.m., noon and 4 p.m.
- 66 pounds — Give 1 capful, 3 times each day for 2 days. Give at 8 a.m., noon and 4 p.m.
- 77 pounds — Give 1 capful, 3 times each day for 2 days. Give at 8 a.m., noon and 4 p.m.
- 88 pounds — Give 1 capful, 3 times each day for 2 days. Give at 8 a.m., noon and 4 p.m.
- 99 pounds — Give  $1\frac{1}{3}$  capfuls, 3 times each day for 2 days. Give at 8 a.m., noon and 4 p.m.
- 110 pounds — Give  $1\frac{1}{2}$  capfuls, 3 times each day for 2 days. Give at 8 a.m., noon and 4 p.m.

Your child needs to drink  $\frac{1}{2}$  cup to 1 cup of liquid at least 8 times per day for the 2 days that they are on this clean out program. Use a measuring cup to see how much liquid this is. A cup is equal to 8 ounces of liquid. 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.

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### To Learn More

- Urology  
206-987-2509
- General Surgery  
206-987-0237
- Ask your child's nurse  
or doctor
- [www.seattlechildrens.org](http://www.seattlechildrens.org)

### Free Interpreter Services

- In the hospital, ask your child's nurse.
- From outside the hospital, call the toll-free Family Interpreting Line 1-866-583-1527. Tell the interpreter the name or extension you need.
- For Deaf and hard of hearing callers  
206-987-2280 (TTY)

Once clean out is finished, give a dose of Miralax **1 time each day**. Mix Miralax in with water or juice. The juice does not have to be clear. The dose is based on your child's **age**:

- Children under 5 years old — Give 1 teaspoon mixed into  $\frac{1}{2}$  to  $\frac{3}{4}$  of a cup of water or juice
- Children 5 to 12 years old — Give 2 teaspoons mixed in  $\frac{3}{4}$  of a cup of water or juice
- 12 years old and older — Give 1 heaping tablespoon, mixed in 1 cup of water or juice

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.

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Seattle Children's offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201.

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

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