

Severe or Chronic Constipation: Polyethylene Glycol (Miralax) Dosage Table

This chart contains doses for over-the-counter constipation medicine for children. Use these instructions only with guidance from your child's primary healthcare provider or GI provider who prescribed these medicines. Check with your healthcare provider first before giving any type of medicine to your child.

Age limit Do NOT use for a child under 18 months of age unless directed by your healthcare provider.

How it works Miralax is a stool softener that helps bring water into the colon to soften stool. At the correct dose, it can help treat severe constipation. Too much medicine can cause diarrhea.

How to use the table Dosage: Find your child's weight in the left column of the dosage table. Follow the row across to see the correct amount of medicine and the amount of liquid to mix with it.

How often: Use one to two times daily for 3 to 4 months. It might take up to 7 days to see results. Consult your healthcare provider if you are not getting results by this time. You may give your child Miralax at the same time you are giving a stimulant laxative under the guidance of a healthcare provider.

Generic name: Polyethylene glycol

Common brand name: Miralax

1 capful = 17 grams

Child's weight (kilograms)	Child's weight (pounds)	Dose of Miralax powder	Amount of clear liquid (water, juice or tea) to mix in
10 to 14.9 kg	22 to 32 lbs	☐ ½ capful	4 to 6 ounces (½ - ¾ cup)
15 to 19.9 kg	33 to 43 lbs	☐ ¾ capful	4 to 6 ounces (½ - ¾ cup)
20 to 24.9 kg	44 to 54 lbs	☐ 1 capful	6 to 8 ounces (¾ - 1 cup)
25 to 29.9 kg	55 to 65 lbs	☐ 1 ¼ capful	8 ounces (1 cup)
30 to 39.9 kg	66 to 87 lbs	☐ 1 ½ capful	8 to 12 ounces (1 to 1 ½ cups)
40 to 49.9 kg	88 to 109 lbs	☐ 1 ¾ capfuls	8 to 12 ounces (1 to 1 ½ cups)
50 to 69.9 kg	110 to 154 lbs	☐ 2 capfuls	8 to 12 ounces (1 to 1 ½ cups)
Over 70 kg	Over 154 lbs	☐ 2 ½ capfuls	12 to 16 ounces (1 ½ to 2 cups)

To Learn More

- Ask your child's healthcare provider
- seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your 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.



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Instructions for mixing

Mix with juice or water, not milk. Dissolve completely. The medicine does not work as well in dairy products.

Notes of caution

- It is very important to use the measuring device (the cap on the polyethylene glycol bottle) to measure the correct amount of medicine. Do not use your kitchen silverware or measuring spoons; they will give a wrong dose.
- Stop if loose, watery or liquid stools develop.
- Stop if your child starts vomiting.
- Stop if your child develops bloody diarrhea or stomach pain.
- Inform your healthcare provider if child has previously had bowel surgery or Hirschprung's.
- Keep this and all medicine out of reach of children. Call the Poison Center at 1-800-222-1222 if you suspect your child has overdosed on a medicine.

Approved by Seattle Children's Pharmacy and Therapeutics Committee 2/19/2020.

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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