

Bowel Cleanout and Maintenance Program At-a-Glance

This visual aid shows a typical cleanout/maintenance schedule. Note that every other weekend is a cleanout when you give a stimulant. This cycle may repeat for months. You will increase or decrease your child's daily dose as needed to achieve mashed-potato-like stools.

Week		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	AM 	Miralax	Miralax	Miralax	Miralax	Miralax	Miralax Stimulant	Miralax Stimulant
	PM 					Miralax Stimulant	Miralax	Miralax
2	AM 	Miralax	Miralax	Miralax	Miralax	Miralax	Miralax	Miralax
	PM 							
3	AM 	Miralax	Miralax	Miralax	Miralax	Miralax	Miralax Stimulant	Miralax Stimulant
	PM 					Miralax Stimulant	Miralax	Miralax
4	AM 	Miralax	Miralax	Miralax	Miralax	Miralax	Miralax	Miralax
	PM 							

Stool softener:
Miralax (polyethylene glycol 3350)
or lactulose



1 capful = 17 grams

Stimulant laxative:
Ex-Lax Chocolate/senna
or Dulcolax/bisacodyl



Stool softeners (other than lactulose) can be purchased over the counter.