

# Mild 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.

## 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 once daily for 5 to 7 days. It might take up to 7 days to see results. Consult your healthcare provider if you are not getting results by this time.

Generic name: *Polyethylene glycol*      Common brand name: *Miralax*

Child's weight (kilograms)	Child's weight (pounds)	Dose of Miralax powder	Amount of clear liquid (water or juice) to mix in
Under 20 kg	Under 43 lbs	½ capful	4 to 6 ounces (½ cup)
20 to 40 kg	44 to 87 lbs	¾ capful	4 to 6 ounces (½ cup)
Over 40 kg	Over 88 lbs	1 capful	6 to 8 ounces (1 cup)

## 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.

### To Learn More

- Ask your child's healthcare provider
- [seattlechildrens.org](http://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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Approved by Seattle Children's Pharmacy and Therapeutics Committee.

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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