

Miralax (Polyethylene Glycol 3350) for Constipation

Miralax is the mainstay of therapy for constipation in children as well as adults. It is an osmotic laxative that has been found to be safe in children and adults. It is available over the counter and does not require a prescription.

It treats constipation and softens stool. Typically, there is no bloating, cramping or gas. There is no sudden urgency which allows for predictable relief.

Maintenance dosing of Miralax:

- Each 17 gram capful should be mixed in 8 ounces of fluid—water, orange juice, sports drinks or Crystal Light.

<u>Weight in pounds</u>	<u>Capfuls of Miralax</u>
20 lbs	¼ capfull
40 lbs	½ capfull
80 lbs	1 capfull
120 lbs	1 ½ capfull
160 lbs	2 capfull
200 lbs	2 ½ capfull