

Constipation Clean-out

It is very important for your child to not be constipated. Even small problems with bowel movements can cause big problems with the bladder.

If your child is constipated, even a little, he or she will have a hard time making the bladder work right. The goal for treating constipation is that your child has a soft, normal-sized poop (stools) every day, or every other day, without straining.

We have asked you to do a polyethylene glycol (brand name: MiraLax) clean-out to help with your child's constipation.

You can buy MiraLax without a prescription at any drug store or grocery. Sometimes your insurance will cover the cost.

How do we do the MiraLax clean-out?

Plan to do this when you have 1 to 2 days without a lot of planned activities.

1. MiraLax is a powder. Mix one capful in $\frac{1}{2}$ cup to 1 cup of something your child likes to drink. Juice works well. Do not use soda. Let the mixture sit in the cup for a minute before you give it to your child. This makes it smoother. Your child might not even know the medicine is mixed in, as MiraLax has no taste.
2. Have your child drink all of this first dose of MiraLax mixture within 30 minutes.
3. Then, give your child another cup of the MiraLax mixture every 1 to 2 hours until your child's stools are clear, the color of tea, and does not have chunks. This usually takes at least 5 to 6 doses.

4. Some children need to repeat the clean-out the next day. Do not wake up your child during the night to give him or her the MiraLax mixture.

Specific instructions for your child:

What do we do after the clean-out?

After the clean-out, it is very important to stay on a daily program. If you don't keep your child cleaned out, he or she will go right back to being constipated.

Many children need Miralax for several months while the intestines shrink down to normal size.

Call us at (615) 936-1060 if:

1. your child does not get tea-colored stools within 2 days
2. your child complains of pain or throws up
3. you are having trouble finding the right daily dose
4. you have other questions.