



## Polyethylene Glycol/PEG (Miralax) Tips

- Don't take days off. It is important to be consistent.
- Give it in the morning. Taking it before bed may cause cramping.
- Mix the powder into a few ounces of fluid (8 oz of water or juice for each capful).
- Miralax can be mixed into anything – but mixing with carbonated drinks may make you feel “bubbly” (gassy) and mixing with milk might be “yucky.”
- Allow 2-3 days between changing the amount you give your child (*usually* ¼ capful more if stools are too hard, or ¼ capful less if stools are too loose).
- PEG (polyethylene glycol)/Miralax is **not** addictive.
- 1 capful = 4 ½ teaspoons.

### POOP TREATMENT PLAN

- \* Start with \_\_\_\_\_ cap/teaspoons of PEG/Miralax every morning.
- \* To reach the **GOAL (poop the consistency of soft-serve ice cream or mashed potatoes 1-2 times a day)**, you may increase or decrease the dose by \_\_\_\_\_ cap/teaspoons at a time. Wait 3 days between changing the dosage.
- \* Most children will need to stay on the medicine until a regular pooping routine has been set. After that, your doctor will likely have you try half the dose before stopping it all at once.

*This document is intended to provide health related information so that you may be better informed. It is not a substitute for a doctor's medical advice and should not be relied upon for treatment for specific medical conditions.*

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