



MiraLax

What is MiraLax?

MiraLax (Polyethylene Glycol 3350) is a highly effective stool softener with polyethylene glycol (PEG). Electrolyte-free PEG has no detectable taste but otherwise is similar to balanced salt solutions used for “cleanouts” prior to colonoscopy.

How does MiraLax work?

MiraLax is an osmotic laxative that works by increasing the water in the stool. It can be mixed with any beverage.

How long will my child need MiraLax?

MiraLax is often used for months to years in a pediatric gastroenterology practice, even though the manufacturer's labeling suggests treatment periods for 5 days. Although MiraLax is marketed for short-term use, there are studies in children and adults confirming its safety and effectiveness for long-term use. Most children need MiraLax until they have overcome any fears of defecation and until they have developed better habits like eating a good diet and learning to use their sphincter muscles properly.

How safe is MiraLax?

MiraLax is safe and probably safer than most alternatives. Its active ingredient, PEG, is approved by the Food and Drug Administration (FDA) as a food additive. It is commonly used by the food industry as a coating, binding, and texture-improving agent. PEG 3350 (MiraLax) is absorbed in barely detectable amounts from the intestines when taken orally. When absorbed, it is excreted unchanged in the urine.

The most common side effect has been cramping or flatulence when fruit juices are consumed with MiraLax. Also MiraLax can cause diarrhea with higher doses.

What is the best dosage of MiraLax?

Children often require larger doses than adults. The dose that causes a child to have large, soft to runny stools each day is the right dose. This often requires adjustment. Typically, one glass is considered to be one capful (17 grams) of MiraLax with 8 ounces of a beverage. Initial dose is as follows:

One year of age:	$\frac{1}{2}$ to $\frac{3}{4}$ glass per day	or	$\frac{1}{2}$ to $\frac{3}{4}$ capful
2 to 5 years of age:	1 to 1 $\frac{1}{2}$ glasses per day	or	1 to 1 $\frac{1}{2}$ capfuls
6 years and older:	1 $\frac{1}{2}$ to 2 glasses per day	or	1 $\frac{1}{2}$ to 2 capfuls