

Constipation Clean Out: A Guide for Parents and Families



Your child is constipated and needs help to clean out the large amount of stool (poop) in the intestine. This guide tells you what medicine to give your child.

What do I need to know before starting the clean out?

- It will take about 4 to 6 hours for your child to take the medicine.
- After taking the medicine, your child should have a large stool within 24 hours.
- Plan to have your child stay close to a bathroom until the stool has passed.
- After the intestine is cleaned out, your child will need to take a daily medicine.

Remember: Constipation can last a long time. It may take 6 to 12 months for your child to get back to regular bowel movements (BMs). Be patient. Things will get better slowly over time.

If you have questions, call your doctor at this number: (____) ____ - _____

When should my child start the clean out?

- Start the home clean out on a Friday afternoon or some other time when your child will be home (and not at school).
- Start between 2:00 and 4:00 in the afternoon.
- Your child should have almost clear liquid stools by the end of the next day.
- If the medicine does not work or you don't know if it worked, call your child's doctor or nurse.

What medicine does my child need to take?

Your child needs to take Miralax, a powder that you mix in a clear liquid.

Follow these steps:

- ① Stir the Miralax powder into water, juice, or Gatorade. Your child's Miralax dose is:
 - 8 capfuls of Miralax powder in 32 to 64 ounces of liquid
 - OR
 - 16 capfuls of Miralax powder in 64 ounces of liquid
- ② Give your child 4 to 8 ounces to drink every 30 minutes. It will take 4 to 6 hours for your child to finish the medicine.
- ③ After the medicine is gone, have your child drink more water or juice. This will help with the cleanout.



If the medicine gives your child an upset stomach, slow down or stop.

Does my child need to keep taking medicine?

After the clean out, your child will take a daily (maintenance) medicine for at least 6 months.

- Your child's Miralax dose is:
- 1 capful of powder in 8 ounces of liquid every day
 - 2 capfuls of powder in 8 ounces of liquid every day

Your child's _____ dose is: _____

You should take your child to the doctor for follow-up appointments as directed.

What if my child gets constipated again?

Some children need to have the clean out more than one time for the problem to go away. Contact your doctor to ask if you should repeat the clean out. It is OK to do it again, but you should wait at least a week before repeating clean out.

Will my child have any problems with the medicine?

Your child may have stomach pain or cramping during the clean out. This might mean your child has to go to the bathroom.

Have your child sit on the toilet. Explain that the pain will go away when the stool is gone. You may want to read to your child while you wait. A warm bath may also help.

What should my child eat and drink?

Have your child drink lots of water and juice. Fruits and vegetables are good foods to eat. Try to avoid greasy and fatty foods.

