

Constipation Cleanout



Cardinal Pediatrics
304-599-8000

Constipation Cleanout

Miralax

- Begin after breakfast and have your child drink 7 capfuls (small bottle) of Miralax mixed with 64 oz of Gatorade (yellow or clear, no red/purple/orange) or other clear fluid.
- Drink at least 8oz every hour until gone.
- Give extra fluids
- Can repeat the next morning if stool is not liquid & almost clear

Magnesium Citrate

- Begin after breakfast and have your child drink 10 ounces of cherry flavor mixed with 1 can of Sprite
- Can repeat again late afternoon if stool is not liquid & almost clear

*With either method, your child will start to eliminate large pieces of stool within 2-4 hours. Then smaller pieces followed by a watery stool with flecks, and then just a watery stool. A successful cleanout is when very few or no flecks are eliminated, just watery stool.

If Miralax does not work, then talk to your provider.

We may prescribe one of the following:

- Lactulose (70% soln)
1 to 3 ml/kg/day in divided doses
- Mineral oil
>1 year old: 1 to 3 ml/kg/day

- Magnesium hydroxide (Milk of Magnesia):
Solution: 400 mg/5ml 1 to 3 ml/kg/day of 400mg/ml
311 mg tablets (Phillips chewable)
3 to 5 years: 2 tabs as a single daily dose
6 to 11 years: 4 tabs as a single daily dose
> 12 years old: 8 tabs as a single daily dose, take before bedtime or in divided doses

To keep constipation at bay, we suggest *Daily Bowel Management* to achieve one very soft bowel movement daily for 6-12 months.

Give 1 capful of Miralax mixed in 8 oz of a good tasting clear liquid or juice every day. If 1 capful does not result in your child having a very soft BM daily, then increase the amount of Miralax given. It is safe to give up to 4 capfuls daily. We recommend giving 2 capfuls in 16 oz AM & PM. Titrate as needed for soft stools, and remember to give it daily to prevent constipation.

Reduce the amount of cow's milk dairy products (milk, cheese, ice cream) that your child is consuming to 8-12 ounces per day. Alternative milk products (i.e. soy, rice, almond milk) can be consumed in unlimited amounts

Avoid snacks with high sugar and artificial colors, such as fruit gummies, fruit roll ups, artificial juice (Juicy Juice or Hawaiian Punch), and sticky candy

Drink water with every meal, add a fresh fruit or vegetable with meals or snacks, take a probiotic

Try to get 30 minutes of exercise daily



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Remember we are only a phone call away!