

## Bowel Clean Out

Please view “The Poo in You” video at [www.gikids.org/constipation/](http://www.gikids.org/constipation/)

Please repeat the abdominal x-ray 2 days after the bowel clean out is completed.

**PLEASE FOLLOW THESE INSTRUCTIONS.** These instructions are different than the instructions on the MiraLAX bottle.

This **WILL** cause you to have diarrhea.

Weight	Instructions
Under 25 lbs	Mix 34 grams (2 capfuls) MiraLAX in 16 ounces of any clear liquid: clear fruit juices (apple, white grape, cranberry), Kool-Aid (any flavor), Crystal Light, or water. Shake solution until MiraLAX is dissolved.
26-40 lbs	Mix 50-60 grams (3-3 ½ capfuls) MiraLAX in 16 ounces of any clear liquid: clear fruit juices (apple, white grape, cranberry), Kool-Aid (any flavor), Crystal Light, or water. Shake solution until MiraLAX is dissolved.
41-60 lbs	Mix 64 grams (4 capfuls) MiraLAX in 16 ounces of any clear liquid: clear fruit juices (apple, white grape, cranberry), Kool-Aid (any flavor), Crystal Light, or water. Shake solution until MiraLAX is dissolved.
61-90 lbs	Mix 128 grams (7 ½ capfuls) MiraLAX in 16 ounces of any clear liquid: clear fruit juices (apple, white grape, cranberry), Kool-Aid (any flavor), Crystal Light, or water. Shake solution until MiraLAX is dissolved.
<b>Over 90 lbs</b>	<b>**Please see reverse side for instructions**</b>

- Starting at 8:00 a.m. or as early as possible, drink one 4 ounce glass or bottle of the MiraLAX solution every 30-60 minutes until the solution is gone. If you start feeling full, wait 60 minutes before restarting the solution again. (Usual prepping time is 4-8 hours)
- It will be necessary to drink all of the solutions to make sure that your colon is clean. The stool should be liquid and clear enough to see through. The color of the stool may be yellow, green or even blue depending on what liquid you have been drinking.
- It is important to continue to drink clear liquids even after you have finished the MiraLAX to continue to flush your colon and ensure that you are staying well hydrated.

You will need to be on a clear liquid diet **ONLY** the entire day of the bowel cleanout. You may have the following: Jell-O, popsicles, broth, Gatorade, PowerAde, clear fruit juices (apple, white grape or cranberry), Kool-Aid (any flavor), Crystal Light, or water.



**Pediatric patients over 90 Lbs**  
**\*\* See Reverse for direction if under 90 lbs\*\***

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Mix the **ENTIRE** bottle of MiraLAX (either 238 or 255 grams) into 64 ounces of Gatorade or another clear liquid, **EXCEPT WATER. DO NOT MIX IN WATER!** Clear liquids include: Gatorade, other sports drink, clear juices (apple, white grape, or cranberry, etc. NO PULP), lemonade, and Crystal Light. Shake until MiraLAX is dissolved.

Start taking the MiraLAX bowel clean out solution at noon or as early as you can. Do not take later than 6:00 p.m., or you will not get any sleep.

Drink one 8 ounce glass of the MiraLAX solution every 30-60 minutes until the solution is gone. This will take approximately 4-8 hours to drink. It is necessary to drink all of the solution to make sure that your colon is clean.

If you become nauseated or feel full, stop drinking for at least 30 minutes. Then resume the MiraLAX solution using smaller amounts (4-6 ounces) every 45-60 minutes.

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It is important to continue to drink clear liquids even after you have finished the MiraLAX to continue to flush your colon and ensure that you are staying well hydrated.

You will need to be on a clear liquid diet **ONLY** the entire day of the bowel cleanout. You may have the following: Jell-O, popsicles, broth, Gatorade, PowerAde, clear fruit juices (apple, white grape or cranberry), Kool-Aid (any flavor), Crystal Light, or water.

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