

MiraLAX®, GlycoLax®, or ClearLax®

Polyethylene glycol (PEG) 3350 is a medicine that relieves constipation. It's sold under brand names like MiraLAX®, GlycoLax®, and ClearLax®. It works with the water in your body to soften poop, so it's easier to pass. It can take up to 24 hours for it to work.

This medicine is sold over the counter, or you can get a prescription for it. Most insurances and Medicaid cover the cost of the medicine if it's filled by a pharmacy.

How to Give This Medicine

PEG 3350 is a white powder. Use the cap of the bottle to measure $\frac{1}{2}$ or 1 capful (Picture 1). There will be a fill line within the cap of the bottle to help guide measurement. Check each bottle for instructions.

- Mix 1 capful with 8 ounces (oz) of a clear liquid. If you're using a teaspoon (tsp), mix 1 tsp with 2 oz of clear liquid. There are 4 tsp in one capful of PEG 3350.
 - Clear liquids include water or sports drinks. You can also use pulp-free juice.
- Mix the powder until it's fully dissolved. That means you shouldn't see it in the liquid anymore. This may take up to 1 minute of stirring.
- A small amount of Crystal Light®, Kool-Aid® powder, flavor drops, or fresh lemon can be added to the mixture for flavor.



Picture 1 Use the cap on the bottle to measure the dose of medicine.

Medicine Storage

- **Keep medicine in the original bottle and out of the reach of children and pets.**
- Screw the lid on tightly and store the bottle in a dry place at room temperature. Do not store this medicine where it's hot or in direct sunlight. Do not store it in the bathroom.

- Do not use this medicine after the expiration date printed on the container.
- When the medicine is no longer needed, mix the leftover medicine with an unwanted material, like used coffee grounds or kitty litter. Then place the mixture in a container that will not leak. Throw the container away in the trash where no one can reach it.

Preventive Measures

- Have your child go to the bathroom at the same time each day. This habit will help build a routine around using the bathroom and trying to poop.
 - Have them sit on the toilet for 5 minutes after eating. This is a good time for them to try pooping.
 - Put a footstool under their feet while they're on the toilet so their feet don't dangle.
 - Have them lean forward while trying to poop.
- Give your child foods high in fiber, like whole-grain cereals, breads, fruits, and vegetables. Encourage them to drink water all day.

Possible Side Effects

Most children don't have any side effects with this medicine. Possible side effects include:

- Loose poop
- Bloating
- Pooping often
- Belly cramps
- Nausea

If your child has these symptoms, try splitting the dose in half and taking it 2 times each day instead of all at one time. If these symptoms don't go away, call your child's doctor or health care provider.

When to Call 911

Call **911** for emergency help if your child shows signs of an allergic reaction, like:

- Trouble breathing
- Swollen tongue
- Swollen hands, feet, or ankles

When To Call the Doctor

Call your child's doctor or health care provider if they have:

- Fever, severe belly pain, weakness, or ringing in the ears. **Call right away.**
- Upset stomach or diarrhea for more than 48 hours.
- Any side effects that are very bothersome or last more than 48 hours.