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MiraLAX Treatment for severe constipation

If your child has been diagnosed by your doctor with severe chronic constipation, follow this protocol.

1. Download a stool diary and download the Bristol stool chart and become familiar with the different types of stool.
2. Start with _____ capfuls/ _____ teaspoonfuls of MiraLAX, mix it with your child's favorite drink, and give _____ times per day.
3. Record every stool in your stool diary including the time and the Bristol stool type (types 1 to 7).
4. If your child does not have a bowel movement in 24 hours, increase the amount by 50% (e.g, if your child is taking 1 capful of MiraLAX per day, then increase to 1 ½ capfuls per day.
5. If your child has Bristol type 6 or 7 stools, then decrease the MiraLAX amount.
6. The goal is to "titrate" the ideal amount of MiraLAX for your child to have 2 stools per day, Bristol type 3-5.
7. When you reach the goal in #6, continue MiraLAX for 4 weeks before discontinuing.

Frequently asked questions with this protocol:

Q: Is MiraLAX safe? The label says "Children 16 years of age and younger: Ask a doctor.

A: Ask your doctor for your specific child. In most cases, it is safe.

Q: Is MiraLAX addictive? Will my child's body get "hooked" on it?

A: No.

Q: Can I use something else like prune juice or Metamucil?

A: You can use most laxatives like prune juice, Metamucil, Magnesium Citrate, karo syrup, milk of magnesia, senna; but to follow the protocol for severe chronic constipation, your child will



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have to take the laxative for at least one month and most children will not drink prune juice or karo syrup or the other laxatives daily for 1 month.

Q: What are signs of “severe chronic constipation”?

A: Signs of severe chronic constipation in a child include a history of having no stools for at least one week and recurrent abdominal pain over two weeks not due to any other etiology, or your child visited the emergency room for “severe abdominal pain” that you thought was appendicitis but after the ER performed tests (X-rays or CT scan or Ultrasound) they discovered that your child is constipated, or your school-aged child (Kindergarten and older) is having regular bowel/poop/stool accidents at school or regularly clogs the toilet. Always check with your doctor if you are unsure.

Q: My child has some of the symptoms but he/she poops every day.

A: Your child might be lying because he/she is too embarrassed to let you know. Keep a stool diary and tell her/him not to flush so that you can see the stool.