

GI Cleanout for Severe Constipation

1. Purchase 8.3 oz container of MiraLax (over the counter) and a 64 oz bottle of Gatorade, G2, G0, apple juice, Propel, Body Armor or any clear, non-carbonated liquid that your child will drink.
2. On the day before the cleanout, start a clear liquid diet (water, apple juice, Jell-O, popsicles, chicken broth, Pho broth. Children 2-6y may have a soft diet (i.e. foods that they can “gum” or chew without using their teeth) including applesauce, pasta, bread, soft fruits and clear liquids but NO dairy (milk, yogurt, cheese, ice cream).
3. Your child may have his/her regular medications except ibuprofen (Motin, Advil), Naproxen (Aleve) and diabetes medication (call your physician for this).
4. On the morning of the cleanout, mix the entire container of MiraLax with the 64 oz of Gatorade or clear liquid. Stir or shake until the powder is dissolved.
5. Drink an 8oz glass every hour beginning when your child wakes up until done.
6. Children 2-6y may take 2 days to drink the entire container.
7. Do not plan to go out on the day(s) of the cleanout as your child will need to use the restroom several times.

