

# DR LEVINE'S

## Home Bowel Cleanout

**FOR CONSTIPATION UNDER THE DIRECTION OF YOUR DOCTOR. FOLLOW THESE STEPS UNTIL POOP IS CLEAR. DO NOT FOLLOW THE BOWEL CLEANOUT STEPS FOR MORE THAN 3 DAYS.** THE GOAL OF A BOWEL CLEANOUT IS TO GET POOP THAT LOOKS LIKE LEMONADE (POOP LOOKS CLEAR, YELLOW, WITHOUT ANY SOLID PIECES). DURING THE CLEANOUT, YOUR CHILD WILL DRINK A SOLUTION OF MIRALAX THAT WILL HELP WASH OUT THE STOOL AND WILL ALSO TAKE A MEDICINE CALLED SENNOSIDES (EX-LAX OR SENNA) TO HELP THE STOOL COME OUT.



### DIET

- Your child should be on a clear liquid diet during the cleanout.
- If that feels too difficult, your child should eat very lightly during the cleanout.
- Return to normal diet when finished.

### MIXING/STORING MIRALAX

- Mix the Miralax completely in water or other clear liquid (such as flavored water). There should be no powder visible when it is mixed. The powder is easier to mix with room temperature liquid.
- Store the Miralax: it is easiest to keep the liquid in a large container in the refrigerator. Keeping it cold will make it taste better.



### GIVING THE MIRALAX/SENNAS

- Give the Miralax to your child throughout the day. Your child does not need to drink the whole amount at once. See amount to give below.
- Give the sennosides (Ex-Lax or Senna) twice a day. Sennosides come in chews, tablets, and liquids. Most kids like the chocolate chew.

### DOSING

- 2-4 years old:

Put 4 capfuls of miralax in 20 ounces of clear liquid and drink over a day

Give 1 tablet of the sennoside by mouth two times per day

- If your child is 5-10 years old:

Put 7 capfuls of miralax in 32 ounces of clear liquid and drink over a day

Give 1.5 tablets of the sennoside by mouth two times per day

If your child is older than 10 years old:

Put 14 capfuls of miralax in 64 ounces of clear liquid and drink over a day

Give 2 tablets of the sennoside by mouth two times per day

### AFTERCARE

- Continue taking 1/2-1 cap of miralax every evening for the next 4 weeks. If stool is too loose, decrease amount but do not stop miralax. If stool is still too hard, increase miralax slightly.
- Discontinue taking senna after the cleanout.
- Sit on the toilet for 10 minutes after breakfast and dinner, even if you don't need to go.
- Increase water in your child's diet.
- **DON'T HOLD YOUR POOP!**
- Call for a follow up appointment

