

The Purcell Clinic

Miralax® is an over the counter laxative. It is very effective. It is the most recommended laxative by pediatric gastroenterologists. Although the label says to only use in adults, it can be used in toddlers too. Our physicians recommend the following dosages to treat constipation from home.

Dosing: 1-1.5 gm/kg/day for the first 3 days

Your child's dose for the first three days is:

- Less than 7kg (<15lb) = 1 tsp
- 7-10kg (15-22lb) = 2 tsp
- More than 10kg (>22lb) = 3½ tsp or 1 capful

After the first three days, the dose decreases to 0.4-0.8gm/kg/day.

Your child's dose for day 4 and routinely is:

- Less than 7kg (<15lb) = ½ tsp
- 7-10kg (15-22lb) = 1 tsp
- 11-15kg (22-33lb) = 1 ½ tsp
- 16-20kg (33-44lb) = 2 ½ tsp
- 21-25kg (44-55lb) = 3 tsp
- More than 25kg (>55lb) = 3½ tsp or 1 capful



If constipation continues for more than 4 days, feel free to contact one of our nurses. She may recommend an increase in the dosage, an alternative or additional treatment from home, or a visit with your child's pediatrician for further treatment.