

MiraLax™ (Adult)

MiraLax™ softens stool and increases the number of times you have a bowel movement by keeping water in the stool. It can be taken at any time during the day. It is best, if you can take it first thing in the morning on a full or empty stomach. It may be 2 to 4 days before you have a bowel movement.

Most common side effects are:

- Nausea
- Bloating
- Cramping
- Gas

If you have unusual bloating, cramps or diarrhea call your doctor. Take MiraLax™ as directed by your provider.

How to Mix

Mix one capful (17 grams) of powder in 8 ounces (8 ounces = 240 ml. = 1 cup) of clear liquid (water, juice, coffee, or tea) once a day. Dissolve completely. One capful is about 1 heaping tablespoon.

Dose

For severe constipation, you may need to take MiraLax™ twice a day for the first three days. After you are having daily soft bowel movements, you can then cut back down to one capful (17 grams) per day.

You may need to adjust the dose depending on bowel results after 4-5 days. Give yourself enough MiraLax™ so that you have one good bowel movement every day.

If you develop loose stools, stop the MiraLax™ for 2 days and restart at a lower dose.