



PATIENT EDUCATION

Milk of Magnesia (magnesium hydroxide)

A plain-language guide for patients and families. Bring this to your visit. It does not replace advice from your clinician.

What this medicine is

Milk of Magnesia is magnesium hydroxide liquid. A common strength is 1200 mg in 15 mL. It draws water into the bowel and can help constipation. Some people also use it for heartburn. For radiation patients, clinics usually teach it as a laxative, not as a daily antacid habit.

Clinic teaching dose (confirm with your nurse)

- Often 30 to 60 mL (2 to 4 tablespoons) once daily, or split.
- Drink a full 8-oz glass of water with each dose.
- Use the dosing cup: 15 mL = 1 tbsp, 30 mL = 2 tbsp, 45 mL = 3 tbsp, 60 mL = 4 tbsp.

Confirm with your care team. Ask first if you have kidney disease, are on a fluid limit, or take medicines that interact with magnesium. This is clinic teaching, not a dosing authority.

What you may notice

- A looser stool within hours
- Cramps or urgency if the dose is high for you
- Diarrhea if you keep taking it after stools are already loose



How to take it

- Shake the bottle. Measure with the cup, not a kitchen spoon guess.
- Take with a full glass of water.
- Stop and call if stools become watery or you feel weak or dizzy.

Do not use without asking if

- You have kidney disease or you are on dialysis
- You have a hard swollen belly, vomiting, or no gas
- You already have diarrhea from pelvic radiation

When to call the clinic

- No stool plus vomiting or a swollen hard belly
- Muscle weakness, confusion, or a very irregular heartbeat after several doses
- You cannot keep fluids down

Questions to ask

- Is magnesium safe for my kidneys?
- Where does this sit on my written bowel ladder?
- What is my stop rule if stools become too loose?

How to schedule or learn more

CureRays Radiation Medicine® 300 Sierra College Drive, Suite 150, Grass Valley, CA 95945

Toll free: (844) CURE RAYS / (844) 287-3729 · Office: (530) 802-6400 · office@curerays.com · www.curerays.com

Important. Educational only · not a diagnosis, prescription, consent form, or guarantee. Confirm every detail with your care team. Radiation decisions require a clinician who knows your history, exam, and imaging. © 2026 CureRays Global Inc. · Keep Cancer Away® · Keep Arthritis Away®