



**PATIENT EDUCATION**

## **MiraLAX (polyethylene glycol 3350)**

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**

MiraLAX and generic polyethylene glycol 3350 (PEG 3350) are osmotic laxatives. The powder holds water in the stool so it stays soft. The usual adult teaching dose is 17 grams once daily. It is not a stimulant, so cramps are often milder than with senna.

### **Clinic teaching dose (confirm with your nurse)**

- The bottle top is a measuring cap. Fill to the top of the white section marked 17 g.
- Stir and dissolve in any 4 to 8 oz beverage, then drink.
- Use once daily unless your team writes a different plan.

**Confirm with your care team.** This sheet is clinic teaching, not a prescription. Ask first if you have a known blockage, vomiting, or a hard swollen belly. Confirm every dose with your care team.

### **What you may notice**

- Softer, easier stools over 1 to 3 days
- Bloating or gas at first
- Loose stool if you keep the daily dose after you are already regular



## How to take it

- Measure with the cap. Do not guess a heaping spoon.
- Stir until dissolved. Water, juice, tea, or another allowed drink is fine.
- Keep fluids up unless you are on a limit.
- See the Constipation printout if your team also uses senna or docusate.

## Cautions

- Do not start if you have vomiting, a hard swollen belly, or you cannot pass gas.
- Tell the team if you have kidney disease or you take other powders they prescribed.
- This is not the same as a colonoscopy prep. Do not use prep-sized amounts unless a clinician wrote that plan.

## When to call the clinic

- No stool for three days plus pain, vomiting, or a swollen belly
- Severe bloating, blood in the stool, or dizziness
- You cannot keep the drink down

## Questions to ask

- Is 17 g once daily the right start for me?
- Should I use MiraLAX every day while I am on pain medicine?
- When do I stop or drop to every other day?

## How to schedule or learn more

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