

Medications for Treatment of Constipation

Polyethylene glycol (MiraLAX®)

- Other brand names are ClearLax®, Laxaclear®, Smoothlax®
- Softens the poop by pulling water into the stool
- It looks like tiny crystals. It has no taste. It dissolves easily.
- Can mix in drinks like water, juice, sports beverages
- Each capful is 17 grams or 4 teaspoons
- Each capful of MiraLAX is mixed in 8 ounces of the drink or each teaspoon of MiraLAX in 2 ounces of the drink.



Milk of Magnesia

- ✓ Works by pulling water into the colon causing the colon to squeeze more
- ✓ Comes in many forms such as pills, liquids, chewable tablets
- ✓ Liquid form has a chalky taste. It may taste better mixed with powder flavorings like Nestle Quik®.
- ✓ Works best if you drink a full glass of water after you take the medicine.



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Lactulose

- ✓ Other brand names are Constulose®, Enulose®, Generlac®, and Kristalose®
- ✓ Softens the poop by pulling water into the stool
- ✓ It has a sweet taste.
- ✓ Comes in liquid or crystal packets
- ✓ Can mix it with juice, milk, water, and infant formula
- ✓ Dissolve crystals in 4 ounces of water or juice.



Docusate

- ✓ Other brand names are Colace®, Stool Softener®, Kaopectate®, and Docusoft®
- ✓ Softens the poop by pulling water into the stool
- ✓ Comes in pills, liquid, and capsules
- ✓ Liquid has a bitter taste. Mix it with milk, fruit juice, or infant formula to hide the taste.



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Senna

- ✓ Other brand names are ex-lax®, Fletcher's®, Little Tummys®, Senokot®
- ✓ Increase/stimulates the activity of the bowel
- ✓ Comes in pills, liquids, capsules, chewables, and powder granules
- ✓ Mix the liquid with juice, milk or sweet foods to improve the taste.
- ✓ Give this medicine at bedtime if your child is taking it once a day.



Mineral oil

- ✓ It is a clear oily liquid.
- ✓ It makes the poop easier to pass.
- ✓ Mix in drinks like juice, water, milk, soft drinks to improve the taste.
- ✓ Should not be used in children under the age of 4, children who have trouble swallowing, or children that have reflux.



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