

Cleanout Instructions



What is a cleanout?

If your child is constipated, they will need help to clean out the large amount of stool (poop) in their intestine. The first step in treating your child's constipation is a good cleanout with a stool softener like, Miralax. For this cleanout, your child needs to take Miralax, a powder that you mix in clear liquid.

What do I need to know before starting the clean out?

Your child should not eat any solid food during the cleanout.

What are examples of clear liquids?

- Gatorade
- Lemonade
- Apple juice
- Water

How to give Miralax to your child		
Day #1	Put _____capful(s) of Miralax into _____ ounces (oz.) of clear liquid	Your child should drink all of the mixture of Miralax powder and clear liquid over 4 to 6 hours.
Day #2	Put _____capful(s) of Miralax into _____ ounces (oz.) of clear liquid	Your child should drink all of the mixture of Miralax powder and clear liquid over 4 to 6 hours.
Day #3	Put _____capful(s) of Miralax into _____ ounces (oz.) of clear liquid	Your child should drink all of the mixture of Miralax powder and clear liquid over 4 to 6 hours.

What food can I give my child after they are done drinking the Miralax?

- Juice
- Gatorade
- Jello
- Popsicles
- Yogurt
- Broth
- Scrambled eggs
- Melons

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What food is NOT allowed?

- Pizza
- Bread
- Rice
- Potatoes
- Chicken nuggets
- Noodles

**After day #3 of your child's cleanout, they can eat regular food.

How do I know the cleanout was successful?

You will know the clean out is successful if the poop looks like clear, yellow water. If the poop does not look like clear, yellow water, you may have to repeat this cleanout again.

What do I do after the cleanout is completed?

- Do NOT miss any days of medicine!
- Follow the Miralax instructions below every day until you return to the doctor's office
- Put ____ Capful(s) of Miralax into ____ ounces (oz.) of clear liquid. They need to finish it in 10-15 minutes.
- Give the miralax with ____ breakfast ____ after school
- Also give: _____ after breakfast/after school/bedtime

What can I do to help my child poop?

- You can sit your child on the toilet in the "squatty potty" position when they have the feeling to pass a poop.
- You see signs that they need to poop like hiding, dancing, and squatting Have your child practice toilet sitting in the "squatty potty position".
- Before bed, after school and 30 minutes after a meal, have your child sit on the toilet for 5 minutes so they can try to poop.
- Electronics like tablets, phones, computers should not be allowed in the bathroom.
- Watch the YouTube video called *The Poo in You – Constipation and Encopresis Education Video* (<https://www.youtube.com/c/GIKids>)

Who do I call if I have questions or concerns?

Gastroenterology (GI) Clinic	323-361-2181
Office Hours	Monday to Friday 8:00 a.m. to 4:00 p.m.
After hours, holidays, and weekends	Call CHLA Operator at 323-361-2450 and ask for the GI Fellow on call

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