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MiraLAX

Generic name: [polyethylene glycol 3350](#) [*pol-ee-ETH-il-een-GLYE-kol*]

Drug class: [Laxatives](#)

Medically reviewed by [Sanjai Sinha, MD](#). Last updated on Mar 22, 2024.

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What is MiraLAX?

MiraLAX is a laxative solution that increases the amount of water in the intestinal tract to stimulate bowel movements.

MiraLAX is used as a laxative to treat occasional constipation or irregular bowel movements.

MiraLAX may also be used for purposes not listed in this medication guide.

Important information about MiraLAX

You should not use MiraLAX if you have a bowel obstruction or intestinal blockage. If you have any of these conditions, you could have dangerous or life-threatening side effects from MiraLAX.

People with eating disorders (such as anorexia or bulimia) should not use MiraLAX without the advice of a doctor.

Before taking MiraLAX, tell your doctor if you are allergic to any drugs, or if you have ulcerative colitis, irritable bowel syndrome, kidney disease, nausea or vomiting with severe stomach pain, or if you have had a sudden change in bowel habits that has lasted 2 weeks or longer.

MiraLAX should produce a bowel movement within 1 to 3 days of using the medication. Polyethylene glycol 3350 normally causes loose or even watery stools.

Do not use MiraLAX more than once per day. Call your doctor if you are still constipated or irregular after using this medication for 7 days in a row.

Before taking this medicine

You should not use MiraLAX if you are allergic to polyethylene glycol, or if you have a bowel obstruction or intestinal blockage. If you have any of these conditions, you could have dangerous or life-threatening side effects from polyethylene glycol 3350.

People with eating disorders (such as anorexia or bulimia) should not use this medication without the advice of a doctor.

To make sure this medicine is safe for you, tell your doctor if you have:

- nausea, vomiting, or severe stomach pain;
- ulcerative colitis;
- irritable bowel syndrome;
- kidney disease; or
- if you have had a sudden change in bowel habits that has lasted 2 weeks or longer.

FDA pregnancy category C. It is not known whether MiraLAX will harm an unborn baby. Tell your doctor if you are pregnant or plan to become pregnant while using this medication.

It is not known whether polyethylene glycol 3350 passes into breast milk or if it could harm a nursing baby. Tell your doctor if you are breast-feeding a baby.

 [MiraLAX pregnancy and breastfeeding warnings](#) (more detail)

How should I take MiraLAX?

Use MiraLAX exactly as directed on the label, or as it has been prescribed by your doctor. Do not use this medicine in larger or smaller amounts or for longer than recommended.

To use MiraLAX powder, measure your dose with the medicine cap on the bottle. This cap should contain dose marks on the inside of it. Pour the powder into 4 to 8 ounces of a cold or hot beverage such as water, juice, soda, coffee, or tea. Stir this mixture and drink it right away. Do not save for later use.

MiraLAX should produce a bowel movement within 1 to 3 days of using the medication. Polyethylene glycol 3350 normally causes loose or even watery stools.

Do not use MiraLAX more than once per day. Call your doctor if you are still constipated or irregular after using this medication for 7 days in a row.

Store at room temperature away from moisture and heat.

Dosing information

Usual Adult Dose of MiraLAX for Constipation:

17 g (diluted in 8 fluid ounces water, juice, soda or coffee) orally once a day

Usual Pediatric Dose for Bowel Preparation:

Occasional constipation:

Children greater than 6 months of age: 0.5 to 1.5 g/kg daily (initial dose 0.5 g/kg; titrate to effect)

Maximum dose: 17 g/day

Fecal impaction:

Children greater than 3 years of age: 1 to 1.5 g/kg daily for 3 days

Maximum dose: 100 g daily

Bowel preparation:

Children greater than 2 years of age: 1.5 g/kg/day

Maximum dose: 100 g daily

Usual Pediatric Dose of MiraLAX for Constipation -- Acute:

Occasional constipation:

Children greater than 6 months of age: 0.5 to 1.5 g/kg daily (initial dose 0.5 g/kg; titrate to effect)

Maximum dose: 17 g/day

Fecal impaction:

Children greater than 3 years of age: 1 to 1.5 g/kg daily for 3 days

Maximum dose: 100 g daily

Bowel preparation:

Children greater than 2 years of age: 1.5 g/kg/day

Maximum dose: 100 g daily

 [Detailed MiraLAX dosage information](#)

What happens if I miss a dose?

Take the missed dose as soon as you remember. Skip the missed dose if it is almost time for your next scheduled dose.

Do not take extra medicine to make up the missed dose.

What happens if I overdose?

Seek emergency medical attention or call the Poison Help line at 1-800-222-1222.

What should I avoid?

Follow your doctor's instructions about any restrictions on food, beverages, or activity.

MiraLAX side effects

Get emergency medical help if you have any signs of an allergic reaction to MiraLAX: hives; difficult breathing; swelling of your face, lips, tongue, or throat.

Stop taking this medicine and call your doctor at once if you have:

- severe or bloody diarrhea;
- rectal bleeding;
- blood in your stools; or
- severe and worsening stomach pain.

Common MiraLAX side effects may include:

- bloating, gas, upset stomach;
- dizziness; or
- increased sweating.

This is not a complete list of side effects and others may occur. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

 [MiraLAX side effects](#) (more detail)

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Colace

Colace makes bowel movements softer and is used to treat or prevent constipation. Includes Colace ...

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Reviews & ratings

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What other drugs will affect MiraLAX?

Other drugs may interact with MiraLAX, including prescription and over-the-counter medicines, vitamins, and herbal products. Tell each of your health care providers about all medicines you use now and any medicine you start or stop using.

 [MiraLAX drug interactions](#) (more detail)

Does MiraLAX interact with my other drugs?

Enter medications to view a detailed interaction report using our [Drug Interaction Checker](#).

MiraLAX

+

Enter a drug name

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Which drugs cause opioid-induced constipation?



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Patient resources

Other brands

[GlycoLax](#), [GaviLAX](#)

Professional resources

- [MiraLAX prescribing information](#)

Other brands

[ClearLax](#), [GaviLAX](#), [Purelax](#)

Related treatment guides

- [Irritable Bowel Syndrome with Constipation](#)
- [Constipation, Acute](#)
- [Bowel Preparation](#)
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Further information


Remember, keep this and all other medicines out of the reach of children, never share your medicines with others, and use MiraLAX only for the indication prescribed.


Always consult your healthcare provider to ensure the information displayed on this page applies to your personal circumstances.

[Medical Disclaimer](#)


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DRUG STATUS

Availability
 Rx and/or OTC

Pregnancy & Lactation
 Risk data available

CSA Schedule*
N/A Not a controlled drug

Approval History
 Drug history at FDA



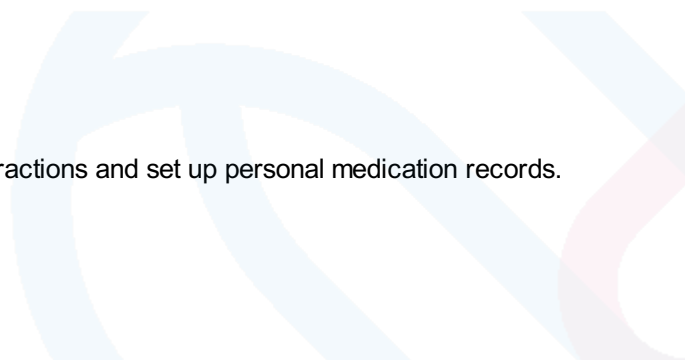
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