

# 4 MiraLAX Facts You Didn't Know

The real poop on giving children PEG 3350

## FACT #1

### Doctors rely too heavily on MiraLAX.

The problem with PEG 3350: Soft poop often oozes around the clog, solving nothing. Chronically constipated kids also need enemas or glycerin suppositories (solid or liquid).

WHAT MIRALAX DOES:

Draws water into the colon, softening stool so pooping doesn't hurt.

WHAT MIRALAX DOESN'T DO:

Dislodge the hard, rectum-clogging stool mass that causes bedwetting and accidents.

## FACT #2

### Enemas resolve wetting far better than MiraLAX.

In a study of 60 children\* who wet their pants daily, after 3 months:

 30% of children treated with PEG 3350 stopped wetting

 85% of children treated with enemas stopped wetting

Why? Because enemas let the rectal diameter shrink back to normal size: < 3 cm.

After 3 months, rectal diameter of:

- PEG 3350 group: 5 cm
- Enema group: 2.15 cm



## FACT #4

### MiraLAX is **not** a lifetime solution to constipation!

Once constipation resolves, children should stay on osmotic laxatives for 3 to 6 months and must:

- Eat "real" rather than highly processed food
- Drink plenty of water
- Stay active
- Poop with feet on a tall stool

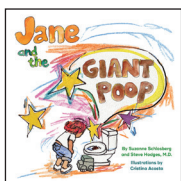
## FACT #3

### If you worry about PEG 3350 safety, you have options.

Effective osmotic laxatives with unquestioned safety include:

- Magnesium citrate (powder or capsules)
- Lactulose (prescription liquid)
- Magnesium hydroxide (chewable tablets)

FDA-funded researchers are investigating whether PEG 3350 triggers psychiatric symptoms, as some parents have reported. So far, 100+ studies have found PEG 3350 safe for children.



A hilarious book about healthy pooping.

[BedwettingAndAccidents.com](http://BedwettingAndAccidents.com)