COURSE #1 Resources

Ex-Lax, Miralax, and Enemas: *What the Research Actually Shows About Safety and Dependence*

Conquering Enuresis & Encopresis M.O.P. Essentials: A Series of Short Zooms for Parents & Providers with Dr. Steve Hodges

PART 1. Ex-Lax: Is long-term use of senna safe for kids?

- Blog article: Ex-Lax Safety in Children: Are "Toxicity" and "Tolerance" Legit Concerns?
- Nationwide Children's Hospital study: Are *Senna* based laxatives safe when used as long term treatment for constipation in children?
- Chilean study: Is Senna Laxative Use Associated to Cathartic Colon, Genotoxicity, or Carcinogenicity?
- "Stimulant Laxatives: Options, Timing, and Dosing": M.O.P. Anthology 5th Ed. pp. 104-107

PART 2. Miralax: Is PEG 3350 effective for enuresis/encopresis?

- My take on adverse reactions to PEG 3350: pp. 103-104, Anthology
- List of effective alternatives to PEG 3350: pp. 103-104, Anthology
- Instructions for oral laxative "clean-outs": pp. 110-111, Anthology
- Miralax Merry-Go-Round guide: Free Downloads page

PART 3. Enemas: Does rectal treatment cause trauma and "lazy bowel"?

- "Dependence," "Damage," and Other Myths About Enemas: pp. 29-32, Anthology
- Enema options — DIY and store-bought: pp. 98-101, Anthology
- Dutch study: Rectal fecal impaction treatment in childhood constipation: enemas versus high doses oral PEG
- Flawed Swedish Study: "Fecal disimpaction in children with enuresis and constipation does not make them dry at night"
- Blog article about Swedish study: Why Most Bedwetting Treatments Don't Work
- The O'Regan Studies: Research page of BedwettingAndAccidents.com
- Blog article on anti-enema bias: Children with Encopresis and Enuresis Deserve the Best Treatment, But Most Aren't Getting It
- Blog article on Wake Forest daytime wetting study: Yes, Enemas are Safe for Children — And They Work Better Than Miralax
- Enema Rescue Guide: Download the PDF
- Books to help kids overcome fear of enemas: *Bedwetting & Accidents Aren't Your Fault, Emma & the E Club, M.O.P. for Teens and Tweens*