# MiraLAX Facts You Didn't Know

The real poop on giving children PEG 3350



#### Doctors rely too heavily on MiraLAX.

The problem with PEG 3350: Soft poop often ooxes 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 peoping doesn't hurt.

WHAT MIRALAX DOESN'T DO-

Disladge the hard, rectum-clagging stool mass that causes bedwetting and accidents.



#### Enemas resolve wetting far better than MiraLAX.

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



of children treated with PEG 3350 stopped wetting



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.





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

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

- · Eat "real" rather than highly processed food
- Drink plenty of water
- Stay active:



- Magnesium citrate (powder or capsules)
- Lactulose (prescription liquid)
- Hagnesium 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.

Bendrood from head has a sense to some

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