

# Family Education Sheet

## Voiding Improvement Program (VIP)

### Home Care Instructions for Cleaning Out the Bowel



Boston Children's Hospital

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[www.bostonchildrens.org/familyeducation](http://www.bostonchildrens.org/familyeducation)

## How do I clean out my child's bowel?

Give your child:

\_\_\_\_\_ Ex-Lax (senna 15 mg), which comes as a chocolate chewable.

\_\_\_\_\_ Dulcolax (bisacodyl 5 mg), which comes as a tablet. It must be swallowed whole.

- Friday evening dose (\_\_\_\_\_) before bedtime.
- Saturday evening dose (\_\_\_\_\_) before bedtime.
- **Give for \_\_\_\_\_ weekends.**

## Important tips

- The goal is for your child to have more than 1 bowel movement (poop). The poop may be loose at first.
- Do the clean out when your child is at home. Weekends or school vacations are the best times.

## What is my child's daily bowel management routine?

- Start Miralax. Give \_\_\_\_\_ **every day**. Measure Miralax powder using the cap on the bottle. The powder mixes into a drink. Mixing Miralax with water or juice is best.
- Mix Miralax in the suggested amount of fluid. Your child should drink this all in 1 sitting.
  - The goal is for your child to have at least 1 soft but formed poop (bowel movement) every day (type 4 or 5 by *The Bristol Stool Scale*) without any pain or hard pushing. Your child's doctor or nurse may change the amount of Miralax (Polyethylene Glycol 3350) as needed.
  - **Please do not stop giving your child Miralax without talking with someone in our office first.** Your child may need to take Miralax for several months.

## Contact us

Boston/Waltham patients: 617-355-7796  
Peabody/Weymouth patients: 617-355-1497

*This Family Education Sheet is available in [Arabic](#), [Portuguese](#) and [Spanish](#).*