

# how to do a bowel clean-out

When your child has a lot of poop in his bowel, the first step in helping your child manage constipation is a bowel clean-out. The purpose of a bowel clean-out is to flush the large bowel and start maintenance medication on an empty large bowel preventing accumulation of stool. A successful bowel clean-out will result in see thru stool allowing you to see the bottom of the toilet. Your child's health care team will tell you if your child needs a clean-out.

time of day	5-10 years old (45-88 pounds)
morning	Take 1 + 1/2 chocolate laxative squares
throughout the day	Mix 7 capfuls of PEG3350 (brands such as MiraLAX) powder in 32 ounces of fluid. Drink it all over 4-8 hours.
evening	Take 1 + 1/2 more chocolate laxative squares

## tips:

- Clean-out should be planned for a weekend or time when you and your child will be at home for several days in a row.
- Once you start the clean-out, it is important to complete. Talk to your nurse if you need more help on how to do the clean-out.
- Clear liquid diet is recommended for the duration of the clean-out.
- Your child should sit on the toilet 2-3 times daily, 5-10 minutes each, for "protected time to have a bowel movement".
- Ensure smaller children have a footstool or other object so that they have a solid base to push off.
- Use positive reinforcement, not punishment,

If your child's bowel movements look like this:

Not complete.



Not quite there.  
Keep going!



Complete!



*(continued on reverse)*

**tips (continued):**

- Provide your child with a balanced diet with 5 servings of fruit and vegetables per day and age appropriate amounts of fluids.
  - **5-10 years or old:** 6 cups of water
- Call your child's nurse with progress or if you have questions or concerns.
- Do not stop medications without contacting your child's provider.
- PEG 3350 is also known as polyethylene glycol 3350

