

Using MiraLAX during Pelvic Radiation

It is necessary to have a complete bowel movement each day during radiation treatments. A complete bowel movement is one that is soft and easy to push out. MiraLAX (polyethylene glycol 3350) is a laxative medicine that can help with this. You can buy it at most drugstores and take it any time of the day.



If you restrict your fluid intake due to heart failure or dialysis, do not use MiraLAX unless your kidney doctor (nephrologist) or heart doctor (cardiologist) says it is ok to do so.

How to take MiraLAX

1. Put MiraLAX powder into the bottle's cap, up to the 17g (gram) line.
2. Pour MiraLAX powder into 4 to 8 ounces of a hot or cold liquid and stir.
3. Drink the whole mixture.

It may take 1 to 3 days for MiraLAX to cause a bowel movement.

You can adjust the amount of MiraLAX you take based on how you respond. Most people get results from taking 1 capful of MiraLAX a day. If that doesn't work, you can take up to 1 capful of MiraLAX 3 times a day while you are getting your radiation treatments. If you have diarrhea, take less MiraLAX, or stop taking it.

Drink 6 to 8 cups of fluid a day. This helps the medicine work.

If you do not have a complete bowel movement within 1 to 3 days of taking MiraLAX, you can try this this homemade elixir:

- 8 ounces of chocolate milk
- 4 ounces of prune juice
- 1 ounce of milk of magnesia

Mix all items in a cup, then heat and drink warm. The elixir may cause a bowel movement within 2 hours of drinking it.