

What time of the day should I take Miralax?

There is no recommended time of day to take MiraLAX®. Begin taking MiraLAX® at the first signs of constipation and continue taking until you experience relief (up to 7 days).

How do I take it?

Adults and children 17 years of age and older should take 17 grams of powder. Use the MiraLAX® bottle top to measure 17g by filling to the indicated line in the cap. Mix and dissolve into four to eight ounces of any beverage (hot, cold or room temperature). For children 16 years of age or under, ask a doctor. Single-dose packets of MiraLAX® are also available.

How many days I can use it?

You should use MiraLAX no more than 7 days. If you need to use a laxative for longer than 1 week, stop use and consult your doctor.

How long does it take for the product to work?

MiraLAX generally produces a bowel movement in 1 to 3 days. Because it works naturally with the water in your body without causing harsh side effects, you do not need to worry about sudden urgency.

Does it cause any side effects?

MiraLAX® does not cause harsh side effects such as gas, bloating, cramping or urgency, only gentle, predictable relief from constipation. When using this product, you may have loose, watery or more frequent stools.

Is it safe?

MiraLAX works with the water in your body to hydrate, soften, and ease—unblocking your system naturally without harsh side effects. If you are taking a prescription drug, you should ask a doctor or pharmacist before use.

Is the product gluten free?

Yes, MiraLAX is gluten-free, sugar-free, and preservative-free.