

BOWEL CLEAN-OUT PROTOCOL

Goal of 2-3 BM's per day - instructions on how to proceed

Age Group	Medicine	Duration	Instructions	Frequency
Infants - 2 years	1 tsp for month & increase up to 2 tsp	2 hrs		Q 2-3 hrs x 3 per week
2 years - 4 years	1 tspful	2 hrs		Q 2-3 hrs x 3 per week
4 years - 10 years	1 tspful	2 hrs (the recommended amount only)	Q 2-3 hrs	Q 2-3 hrs x 3 per week
10 years and older	1 tspful	1.5 hrs (the recommended amount only)	Q 2-3 hrs	Q 2-3 hrs x 3 per week

Always consult with doctor on medicine and how to proceed. You are the best at the doctor's office!

MIBALAX MAINTENANCE

Goal of 2-3 BM's per day - 1000 mg per day for 1-2 weeks per month for several months. Call your physician's office before discontinuing use.

Age Group	Dose
0-2 months - 2 years	2 tsp per day
2 - 4 years	1 tspful BID when stool hard
4 - 10 years	1 tspful BID when stool hard
10 years and older	1 tspful BID when stool hard

MINERAL OIL MAINTENANCE

Helpful to take having trouble with stool softening or having large painful stools:

Age Group	Dose
0 - 2 months	None
2 - 4 years	1/4 tsp BID
4 - 8 years	1/2 tsp BID
8 - 10 years	1 tsp BID
10 years and older	2 tsp BID

Bowel Clean Out Protocol University Of Utah

JG Myers



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