



Bowel Clean Out Instructions

What is a bowel clean out program?

The goal is to get the intestines thoroughly cleaned out. This is a bowel clean out program that should only be used one time.

When do I give my child a bowel clean out?

- It is best to try this on a weekend.
- Plan to stay close to the house as the time of the bowel movements are not predictable.

What do I need for a bowel clean out?

- Magnesium citrate is a stimulant that may be purchased at your local pharmacy.
- It costs approximately \$3.00 per 10oz. bottle.
- It comes in cherry and lemon-lime flavors. It is best served chilled.

How do I give my child a bowel clean out?

First Step:

Take _____ bottle on Friday (pm)

Take _____ bottle on Saturday (am)

Take _____ bottle on Saturday (pm)

Take _____ bottle on Sunday (am)

Second Step:

Miralax Dose: -----

Sennakot syrup 5mL 10mL once twice

Ex-Lax chocolate ½ square 1 square

When should I call the doctor?

Call us if you have any of the following signs or symptoms:

- Oral temperature over 100.5°F
- Vomiting or bloating

What is the contact information?

If you have any question, problems or concerns call the Pediatric Surgery clinic from 8-5:00pm Monday thru Friday, 734-764-4151. After 5:00pm or on the weekends if you have urgent issues call hospital paging at 734 936-4000 and ask the operator to page the Pediatric Surgeon “on call”.

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