

## BOWEL CLEAN-OUT PROTOCOL

Goal of 2-3 BM's per day - maintenance of bowel function

Age Group	Medicine	Duration	Stool/Day	Frequency
Infants - 2 years	1 tsp for month & increase up to 2 tsp	2-4 days		60-120 mg x 2 per day
2-5 years	1 tsp/d	2-4 days		60-120 mg x 2 per day
6 years - 12 years	1 tsp/d	2-4 days (No more than 1000 mg)	1-2 stools	60-120 mg x 2 per day
13 years and older	1 tsp/d	2-4 days (No more than 1000 mg)	1-2 stools	120-180 mg x 2 per day

\*Always consult with doctor for advice and/or prescription. Do not start on the product until

## MIBALAX MAINTENANCE

Goal of 2-3 bowel stools per day. Will maintain on maintenance for several months. Call your physician's office before discontinuing use.

Age Group	Dose
0-2 months - 2 years	2 tsp per day
2-5 years	1-2 capsules 2-3 times per day
6-12 years	1 capsule 2-3 times per day
13 years and older	2 capsules 2-3 times per day

## MINERAL OIL MAINTENANCE

Helpful in kids having trouble with stool softening or having large painful stools:

Age Group	Dose
0-2 months	None
2-5 years	1/2 tsp per day
6-12 years	1 tsp per day
13-18 years	1-2 tsp per day
19 years and older	2-3 tsp per day

# Bowel Clean Out Protocol University Of Utah

**JG Myers**



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