

Are you constipated?

The Bristol Stool Scale is a medical aid designed to classify types of stool. Choose one from the chart.

Type 1		Separate, hard lumps, like nuts (hard to pass)
Type 2		Sausage-shaped but lumpy
Type 3		Like a sausage but with cracks on its surface
Type 4		Like a sausage or snake, smooth and soft
Type 5		Soft blobs with clear-cut edges (passed easily)
Type 6		Fluffy pieces with ragged edges, a mushy stool
Type 7		Watery, no solid pieces. Entirely liquid

Types 1 and 2 indicate constipation

Types 3 and 4 are the “ideal stools” because they are the easiest to pass

Types 5, 6, and 7 are loose, tending towards diarrhea

Experience the MiraLAX[®] difference

- MiraLAX laxative is a completely different way to treat occasional constipation*
- MiraLAX is an osmotic laxative with the dual benefits of¹⁻³
 - Softening stool
 - Increasing the frequency of bowel movements

MiraLAX[®] is the #1 GI-recommended laxative⁴

- Gentle, predictable relief¹⁻³
- No harsh side effects¹⁻³
 - No sudden urgency, no gas, no bloating, no cramping
- A taste-free, grit-free powder that dissolves completely in water or any other beverage
- Once-a-day dosing
- Available without a prescription



*The active ingredient in MiraLAX is Polyethylene Glycol 3350.

References: **1.** DiPalma JA, et al. A randomized, multicenter comparison of polyethylene glycol laxative and tegaserod in treatment of patients with chronic constipation. *Am J Gastroenterol.* 2007;102:1964-1971. **2.** DiPalma JA, et al. A randomized, multicenter, placebo-controlled trial of polyethylene glycol laxative for chronic treatment of chronic constipation. *Am J Gastroenterol.* 2007;102:1436-1441. **3.** DiPalma JA, DeRidder PH, Orlando RC, Kolts BE, Cleveland M. A randomized, placebo-controlled, multicenter study of the safety and efficacy of a new polyethylene glycol laxative. *Am J Gastroenterol.* 2000;95:446-450. **4.** IMS data. IMS' National Disease and Therapeutic Index. November 2010.