

Learn how **MiraLAX**[®] is different

Q: What is MiraLAX?

A: MiraLAX, polyethylene glycol (PEG) 3350, is an osmotic laxative that originally required a prescription but has been available over the counter (OTC) since 2007 for **effective yet gentle relief from occasional constipation**. MiraLAX is clinically proven to **soften stool and relieve constipation** without causing harsh side effects. It is also the **#1** choice of doctors, pharmacists,* and gastroenterologists.

Q: How does MiraLAX work?

A: MiraLAX is an osmotic laxative that **works naturally with the water in your body** to hydrate, ease, and soften stool. The active ingredient, PEG 3350, is an osmotic agent, which means it will attract and retain water in the colon. This aids in producing a **soft, well-formed bowel movement** that moves gently through your system without causing sudden urgency.

Q: How is MiraLAX different from stimulant laxatives?

A: Stimulant laxatives forcefully stimulate the nerves in your colon. MiraLAX works differently. It attracts water in the colon to hydrate, ease, and soften stool.



Q: Should I expect any side effects?

A: MiraLAX provides gentle, **predictable relief** as well as a **comfortable experience** without causing gas, bloating, cramps, or sudden urgency. When using this product, you may have loose, watery, or more frequent stools.

*Pharmacy Times Survey of Pharmacists' OTC Recommendations, 2024.



Learn how **MiraLAX**[®] is different (*cont'd*)

Q: How do I take MiraLAX?

A: You can take MiraLAX at **any time of day**—beginning at the **first signs of constipation**.

For MiraLAX bottles:



Step 1: Unscrew cap and fill to the top of the white section, where it reads 17 g.



Step 2: Stir to dissolve in 4 to 8 oz of water or any hot or cold beverage. The powder dissolves easily in water or your favorite beverage.



Step 3: Drink.

- Available in a **variety of sizes**, including boxes of 3-, 10-, or 20-count packets of premeasured doses

Adults and children 17 years of age and older should use MiraLAX once a day for no more than 7 days. Parents of children 16 years of age or under should ask a doctor.



Q: Can I use MiraLAX if I take other prescription medications?

A: Ask a doctor before use if you are taking a prescription drug.

Q: Can I use MiraLAX if I'm pregnant or breastfeeding?

A: If you are pregnant or breastfeeding, ask your doctor if you can use MiraLAX.

Q: Should I use MiraLAX if it's expired?

A: It is not recommended to use MiraLAX beyond the labeled expiration date.

Q: How long does it take for MiraLAX to start working?

A: MiraLAX generally produces a bowel movement in 1 to 3 days. Once you experience relief, you should stop taking MiraLAX.

Q: How long can I take MiraLAX?

A: Adults and children 17 years of age and older should use MiraLAX once a day for no more than 7 days. Parents of children 16 years of age or under should ask a doctor.



Learn how **MiraLAX**[®] is different (*cont'd*)

Q: My doctor told me to take more MiraLAX, or use it more often, than directed by the label. Is it safe?

A: When under the care of a physician, it is important to follow his or her instructions regarding all medications and recommendations for you.

Q: Do I need a prescription for MiraLAX?

A: No. MiraLAX is available OTC in the **original prescription strength**.

Q: Where can I find MiraLAX?

A: MiraLAX is easy to find in the laxative aisle at national drugstore chains, supermarkets, mass merchandisers, and club stores.

Q: Is there a coupon for MiraLAX?

A: Printable coupons are available at www.MiraLAX.com.

Q: Can I use my Flexible Spending Account (FSA) or Health Savings Account (HSA) to purchase MiraLAX?

A: Yes, MiraLAX is **FSA/HSA eligible** with a prescription. Ask your doctor for a **MiraLAX prescription** if you plan to apply for reimbursement.

Q: Why is MiraLAX widely recommended for the treatment of occasional constipation?

A: MiraLAX is the **#1 recommended laxative** among doctors, pharmacists,* and gastroenterologists.



**Doctor recommended,
patient approved**

- Provides complete, comfortable, and predictable relief
- Both softens stool and has laxative benefits without causing harsh side effects
- Available in the original prescription strength

*Pharmacy Times Survey of Pharmacists' OTC Recommendations, 2024.

Use as directed for occasional constipation.

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MiraLAX[®]
Polyethylene Glycol 3350, Powder for Solution, Osmotic Laxative