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.

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:

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

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

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.
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?


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.

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


Use as directed for occasional constipation.
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