



The Children's Hospital of Philadelphia®

Hope lives here.

Weight Based Doses for Miralax Prep

Weight	Amount of Dulcolax or Senna	Grams of Miralax	Capfuls/Packets	Fluid oz	Max Amounts
22 lb (10 kg)	None	40 grams	3	24 oz	Never exceed 5 capfuls or 40 oz
24 lb (11 kg)	None	44 grams	3	24 oz	Never exceed 5 capfuls or 40 oz
26 lb (12 kg)	None	48 grams	3	24 oz	Never exceed 5 capfuls or 40 oz
28 lb (13 kg)	None	52 grams	3	24 oz	Never exceed 5 capfuls or 40 oz
31 lb (14 kg)	None	56 grams	4	32 oz	Never exceed 5 capfuls or 40 oz
33 lb (15 kg)	None	60 grams	4	32 oz	Never exceed 5 capfuls or 40 oz
35 lb (16 kg)	None	64 grams	4	32 oz	Never exceed 5 capfuls or 40 oz
37 lb (17 kg)	None	68 grams	4	32 oz	Never exceed 5 capfuls or 40 oz
39 lb (18 kg)	None	72 grams	5	40 oz	Never exceed 5 capfuls or 40 oz
42 lb (19 kg)	None	76 grams	5	40 oz	Never exceed 5 capfuls or 40 oz
44 lb (20 kg)	5mg (1 tab) Dulcolax or 2 teaspoons of Senna	80 grams	5	40 oz	Never exceed 5 capfuls or 40 oz
46 lb (21 kg)	10 mg (2 tabs) Dulcolax or 3 teaspoons of Senna	84 grams	5	40 oz	Never exceed 7 capfuls or 56 oz
48 lb (22 kg)	10 mg (2 tabs) Dulcolax or 3 teaspoons of Senna	88 grams	5	40 oz	Never exceed 7 capfuls or 56 oz
50 lb (23 kg)	10 mg (2 tabs) Dulcolax or 3 teaspoons of Senna	92 grams	6	48 oz	Never exceed 7 capfuls or 56 oz
53 lb (24 kg)	10 mg (2 tabs) Dulcolax or 3 teaspoons of Senna	96 grams	6	48 oz	Never exceed 7 capfuls or 56 oz
55 lb (25 kg)	10 mg (2 tabs) Dulcolax or 3 teaspoons of Senna	100 grams	6	48 oz	Never exceed 7 capfuls or 56 oz
57 lb (26 kg)	10 mg (2 tabs) Dulcolax or 3 teaspoons of Senna	104 grams	6	48 oz	Never exceed 7 capfuls or 56 oz
59 lb (27 kg)	10 mg (2 tabs) Dulcolax or 3 teaspoons of Senna	108 grams	7	56 oz	Never exceed 7 capfuls or 56 oz
61 lb (28 kg)	10 mg (2 tabs) Dulcolax or 3 teaspoons of Senna	112 grams	7	56 oz	Never exceed 7 capfuls or 56 oz
64 lb (29 kg)	10 mg (2 tabs) Dulcolax or 3 teaspoons of Senna	116 grams	7	56 oz	Never exceed 7 capfuls or 56 oz
66 lb (30 kg)	10 mg (2 tabs) Dulcolax or 3 teaspoons of Senna	120 grams	7	56 oz	Never exceed 7 capfuls or 56 oz
68 lb (31 kg)	15 mg (3 tabs) Dulcolax or 6 teaspoons of Senna	124 grams	8	64 oz	Never exceed 9 capfuls or 64 oz



The Children's Hospital of Philadelphia®

Hope lives here.

Weight Based Doses for Miralax Prep

70 lb (32 kg)	15 mg (3 tabs) Dulcolax or 6 teaspoons of Senna	128 grams	8	64 oz	Never exceed 9 capfuls or 64 oz
72 lb (33 kg)	15 mg (3 tabs) Dulcolax or 6 teaspoons of Senna	132 grams	8	64 oz	Never exceed 9 capfuls or 64 oz
75 lb (34 kg)	15 mg (3 tabs) Dulcolax or 6 teaspoons of Senna	136 grams	8	64 oz	Never exceed 9 capfuls or 64 oz
77 lb (35 kg)	15 mg (3 tabs) Dulcolax or 6 teaspoons of Senna	140 grams	9	64oz	Never exceed 9 capfuls or 64 oz
79 lb (36 kg)	15 mg (3 tabs) Dulcolax or 6 teaspoons of Senna	144 grams	9	64 oz	Never exceed 9 capfuls or 64 oz
81 lb (37 kg)	15 mg (3 tabs) Dulcolax or 6 teaspoons of Senna	148 grams	9	64 oz	Never exceed 9 capfuls or 64 oz
83 lb (38 kg)	15 mg (3 tabs) Dulcolax or 6 teaspoons of Senna	152 grams	9	64 oz	Never exceed 9 capfuls or 64 oz
86 lb (39 kg)	15 mg (3 tabs) Dulcolax or 6 teaspoons of Senna	156 grams	9	64 oz	Never exceed 9 capfuls or 64 oz
88 lb (40 kg)	15 mg (3 tabs) Dulcolax or 6 teaspoons of Senna	160 grams	9	64 oz	Never exceed 9 capfuls or 64 oz
90 lb (41 kg)	15 mg (3 tabs) Dulcolax or 6 teaspoons of Senna	164 grams	10	64 oz	Never exceed 12 capfuls or 64 oz
92 lb (42 kg)	15 mg (3 tabs) Dulcolax or 6 teaspoons of Senna	168 grams	10	64 oz	Never exceed 12 capfuls or 64 oz
94 lb (43 kg)	15 mg (3 tabs) Dulcolax or 6 teaspoons of Senna	172 grams	11	64 o.	Never exceed 12 capfuls or 64 oz
97 lb (44 kg)	15 mg (3 tabs) Dulcolax or 6 teaspoons of Senna	176 grams	11	64 oz	Never exceed 12 capfuls or 64 oz
99 lb (45 kg)	15 mg (3 tabs) Dulcolax or 6 teaspoons of Senna	180 grams	11	64 oz	Never exceed 12 capfuls or 64 oz
101 lb (46 kg)	15 mg (3 tabs) Dulcolax or 6 teaspoons of Senna	184 grams	11	64 oz	Never exceed 12 capfuls or 64 oz
103 lb (47 kg)	15 mg (3 tabs) Dulcolax or 6 teaspoons of Senna	188 grams	12	64 oz	Never exceed 12 capfuls or 64 oz
105 lb (48 kg)	15 mg (3 tabs) Dulcolax or 6 teaspoons of Senna	192 grams	12	64 oz	Never exceed 12 capfuls or 64 oz
108 lb (49 kg)	15 mg (3 tabs) Dulcolax or 6 teaspoons of Senna	196 grams	12	64 oz	Never exceed 12 capfuls or 64 oz
110 lb (50 kg)	15 mg (3 tabs) Dulcolax or 6 teaspoons of Senna	200 grams	12	64 oz	Never exceed 12 capfuls or 64 oz
>110 lb (50 kg)	15 mg (3 tabs) Dulcolax or 6 teaspoons of Senna	Full bottle (238 g)	Bottle or 14 packets	64 oz	Give a whole bottle or 14 packets