

Down Syndrome Indiana™



Miralax

Ask the Expert...

Q. What is Miralax? Is it safe to use? I am wondering because I have seen some negative posts about it in the social media...

A. Polyethylene glycol 3350, also known as Miralax, is used to treat constipation. Polyethylene glycol 3350 is in a class of medications called osmotic laxatives. It works by causing water to be retained with the stool. This increases the number of bowel movements and softens the stool so it is easier to pass.

This drug is FDA approved and we've used it for many years as pediatric gastroenterologists to treat our patients with constipation, including patients with GI motility issues, such as those seen in Down syndrome. To date I have never encountered any of the mentioned side-effects nor come across any literature about this.

This website is about selling a nutritional supplement and the author is using anti-Miralax tactics to get the attention of potential customers. I have full faith in our rigorous process of FDA approval and have no reservations about using Miralax when indicated.

Shamaila Waseem, MD

Assistant Professor

Pediatric Gastroenterology

Riley Hospital, Indianapolis, Indiana

This information provided courtesy of Down Syndrome Indiana.

For More information, please contact Down Syndrome Indiana at www.dsindiana.org
or call 317-925-7617.