

When patients ask about occasional constipation

Go with a gold standard

PEG laxatives like MiraLAX® (PEG-3350) recommended more frequently than docusate¹

**PEG—
Grade A recommendation^{1*}**

- Based on Level I evidence[†]

**Docusate—
Grade C recommendation^{1*}**

- Based on Level III evidence[†]

The weight of the clinical evidence is with MiraLAX

PEG:

22 studies with a mean of >100 participants up to 6 months treatment duration²⁻²³

Docusate:

8 studies with a mean of <65 participants up to 4 weeks treatment duration²⁴⁻³¹



Start with MiraLAX®

**#1 GI-recommended
OTC laxative**

GI=gastroenterologist; OTC=over-the-counter; PEG=polyethylene glycol.

*Grade A=good evidence in support of the use of a modality in the treatment of constipation; Grade C=poor evidence to support a recommendation for or against the use of a modality.

[†]Level I=consistent results from well-designed, well-conducted studies; Level III=insufficient evidence due to limited number or power of studies and/or flaws in their design or conduct.



PEG: A first-line recommendation across constipation guidelines

- Constipation management guidelines from multiple professional organizations recommend PEG as a first-line treatment
- Guidelines either don't mention docusate or don't recommend it prominently

Recommendations

Source	Osmotic laxative (PEG)	Stool softener (docusate)
ASCRS 2016 ³²	Strong recommendation/ moderate-quality evidence	Insufficient evidence to warrant recommendation
AGA 2013 ³³	Strong recommendation/high-quality evidence	Not mentioned
ACG 2005 ³⁴	Strong recommendation/ moderate- to high-quality evidence	Insufficient evidence to warrant recommendation
ACG 2014 ³⁵	Strong recommendation/ high level of evidence	Not considered among interventions
Rome IV 2016 ³⁶	Included among therapeutic options for functional constipation	Not mentioned
AAFP 2015 (older adults) ³⁷	First-line recommendation after behavioral changes/evidence rating=A*	Second-line recommendation; no evidence rating offered

AAFP=American Academy of Family Physicians; ACG=American College of Gastroenterology; AGA=American Gastroenterological Association; ASCRS=American Society of Colon and Rectal Surgeons; Rome IV 2016=the Rome Foundation's 2016 publication in *Gastroenterology*.

*Consistent, good-quality, patient-oriented evidence.

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