

# Polyethylene Glycol (PEG) 3350

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Polyethylene glycol is a laxative sold under the trade names MiraLAX®, ClearLax®, GaviLAX®, GlycoLax® and Purelax®. You do not need a doctor's prescription to buy PEG 3350. It is available over-the-counter.

PEG 3350 is an osmotic laxative, which means it increases the water content of stool and is effective in treating or preventing constipation. The body cannot absorb or digest this laxative.

PEG 3350 is typically taken once a day by mouth, but the dose may be adjusted higher. It comes as a powder which you will have to mix with liquid.

## How do I prepare the medication?

The standard dose is 17 grams of powder mixed into 8 ounces of liquid. The bottle has a measuring cap that is marked with a line.

1. Pour the powder into the cap up to the marked line.
2. Add the powder in the cap to a full glass (8 ounces) of water, juice, soda, coffee or tea.
  - **If you are over 65, have kidney disease or have liver disease, please only use water.**
3. Mix powder well and drink the solution.

## How do I take PEG 3350?

- You can take this medication on a full or empty stomach.
- PEG 3350 doesn't have any known drug interactions but you should not take other medications at the same time that you take PEG 3350. Other medications may not be digested and absorbed as well.
- Always drink plenty of **decaffeinated** liquids with this medication.

## **What are possible side effects?**

Call your doctor immediately if you have any of the following side-effects:

- diarrhea
- difficulty breathing
- itching of the skin
- hives
- skin rash
- severe bloating
- painful swelling of the stomach
- vomiting

Other side-effects that usually do not require immediate medical attention are:

- bloating
- lower abdominal (stomach) discomfort
- cramps
- nausea
- passing extra gas

Some of these symptoms will decrease over time. Please contact your clinician if symptoms do not improve or become worse.

After starting on PEG 3350, it can take 3-5 days to have a bowel movement or see improvement in constipation. If it has been three (3) or more days since having a bowel movement, you should clean your bowels out first before starting PEG 3350.

## Miralax® Smoothie

- One scoop (MiraLAX® container cup) MiraLAX®
- One cup of plain or flavored yogurt
- Fruit - any kind

Add Miralax®, yogurt, and fruit to a blender and blend to desired consistency.

You can add milk or fruit juice to make the smoothie less thick.

**If you are over 65, or if you have kidney or liver disease, please do not make a smoothie. Only use water to mix MiraLAX®.**

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