

# Polyethylene Glycol (PEG) without Electrolytes



## What It Does:

PEG without electrolytes is a laxative used to treat constipation.

## How It Works:

PEG without electrolytes holds water in stools and makes stools softer and easier to pass. It may take 2 to 4 days to produce a bowel movement.

## How and When to Take It:

This medication can be mixed with half or a full glass of water, fruit juice or with food and taken as directed by your doctor. Some people take this on a regular basis and some people take it only when they feel they need it.

## What to Do If You Miss a Dose:

If you miss a dose, take the missed dose as soon as you remember. If you do not remember until it is almost time for your next dose, skip the missed dose and continue with your normal schedule.

**DO NOT DOUBLE YOUR DOSE OR TRY TO “CATCH UP” BY TAKING EXTRA DOSES.**

## Possible Side Effects:

Like all medications, PEG without electrolytes can cause some side effects. You may not experience any of them. For most patients, these side effects are likely to be minor and temporary. Side effects include cramping, nausea, vomiting, diarrhea, gas or burping and a loss of

appetite. Talk to your doctor or pharmacist if diarrhea or cramps are bothersome.

## Relation to Diet:

Talk to your dietitian about ways to help reduce constipation. Do not increase your intake of fruits, vegetables, juices or bran without talking to your dietitian because some food may contain too much potassium for you.



Use the space below to write down why you are taking this medication and other notes.

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