

## Medication Information

### Osmotic stool softener Polyethylene glycol (paul – e – eth – i – lene gli – col)

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#### Other names for this medication

Lax- a- day™

RestoraLAX™

PegaLAX™

PEG 3350

#### How this medication is used

This medication helps you have a soft stool that is easy to pass. This allows you to have a bowel movement without straining. It helps prevent constipation or to manage constipation. It may take 2 to 4 days before your stools become softer. For some people, it may take longer.

## How to take this medication

Take this medication exactly as directed by your health care provider.

It is usual for this medication to be taken once a day.

If you miss a dose of this medication, take it as soon as possible. However, if it is almost time for your next dose, skip the missed dose and go back to your regular time. Do not take 2 doses at one time.

Store this medication at room temperature in a dry place.

Add the measured amount of powder to a full glass of fluid such as water, juice or soda. Let the powder dissolve and then drink right away.

While taking this medication, it is also important to eat food with lots of fibre, drink 6 to 8 glasses of liquid each day and exercise regularly. Food high in fibre includes whole grain products, vegetables and fruit. If you have heart or kidney disease follow your health care provider's advice about the amount of liquid to drink.

## While taking this medication you may notice

- diarrhea

If stools become too loose, stop the medication until stool becomes firm. Then start the medication again but take less of it.

## Contact your health care provider if you notice

- severe stomach cramps
- nausea or vomiting
- skin rash
- continued diarrhea even after you stop taking the medication