

Medications: PEG 3350 and Milk of Magnesia (MOM)

What are PEG 3350 and Milk of Magnesia:

Both of these medications are laxatives that help with constipation.

- PEG 3350 is used for PREVENTION of constipation and should be taken regularly
- MOM is used for RESCUE (when you get constipated) and should only be taken as needed

Benefit:

- PEG 3350: Usually takes 1 to 3 days (or more) to notice a benefit
- MOM: Usually takes 30 minutes to 6 hours to see an effect

Watch for possible side effects:

It is important to be aware of the side effects however, it is also important to remember that not all side effects occur in everyone. Many of the less serious side effects will improve over the first few days of taking the medication.

If you have problems with these side effects talk with your doctor or pharmacist:

- Diarrhea
- Cramping and abdominal pain
- Nausea

Stopping the medication:

- Please talk with your doctor before stopping the medication. There is typically no withdrawal effect

How to use this medication:

- Take this medication with plenty of water

Dosing Schedule:

PEG 3350:

- Start with PEG 3350 as your preventative regimen
 - 17 grams (1 heaping tbsp) in 4-8 ounces of water/juice until dissolved and drink
 - Take with meals
- Increase dose according to table below
- You can stay at the same dose (stop increasing) if you get side effects
 - You might want to lower the dose one step
- You can “fine tune” the dose by taking a bit more or less until you get a Goldilocks stool – not too hard, not too soft, but just right

With Breakfast	With lunch	With dinner	
17 grams			For 1 week
17 grams	17 grams		For 1 week

COMPLEX CHRONIC DISEASES PROGRAM

Medication Handout

Reviewed: May 9, 2022

17 grams	17 grams	17 grams	For 1 month; stay on this dose
----------	----------	----------	--------------------------------

- Do not increase dose without consulting with clinic

MOM:

- Use MOM for rescue if you get constipated
- It is better to use this early rather than wait too long
- Use according to what “regular” bowel movements (BM) are for you
 - E.g., If someone goes every 2nd day, take before bed if no BM on 2nd day
 - Can be taken again (higher dose) the next day if no result
- Start with 15 mL (1 tbsp) at bedtime if no BM
- Can increase to 30 or 45 mL if needed

Drugs and Foods to Avoid:

Ask your doctor or pharmacist before using any other medication, including non-prescription medication (over-the-counter medication) and herbal products.

Please contact the Complex Chronic Diseases Program if you have further questions about your medications.