

Pediatric Gastroenterology and Nutrition
Stollery Children's Hospital
Edmonton, Alberta

Autism Clinic
Glenrose Rehabilitation Hospital
Edmonton, Alberta



PEG 3350 (Restoralax, Laxaday, Pegalax)

Why has this medication been prescribed for you child?

Polyethylene Glycol 3350 (PEG 3350) is used to treat constipation. It works by causing water to be retained with the stool. This increases the number of bowel movements and softens the stool so that it is easier to pass.

How is PEG 3350 used?

Peg 3350 comes in a powder. Mix the powder with 1 cup of water or juice, stir to dissolve and have your child drink. There is no taste to this medication. Your doctor will advise how often to take the medication. Consistency is very important with this medication. Please do not stop this medication without discussing it with your doctor or nurse.

What should you expect?

It may take 2-4 days to produce a bowel movement. The "ultimate goal" in treating constipation is for your child to have 1-2 soft bowel movements daily. If your child experiences diarrhea please discuss this with your doctor or the clinic nurse before altering the dose. It is not uncommon to have diarrhea at beginning of constipation treatment. *Your child may also have increased cramping and gas.*

Should my child be on a special diet?

Your child should eat a well-balanced diet with lots of fruits, vegetables and whole grain products, as well as drinking plenty of fluids and getting daily exercise. The Canada Food Guide is a helpful guide for planning your child's diet.

Where can I purchase PEG 3350?

You can purchase it over the counter at your local pharmacy. Some drug plans may cover this drug with a prescription