

# Glycolax (polyethylene glycol) basics

**Helps get things moving.** Glycolax (polyethylene glycol) provides good relief of constipation without causing cramps or the urge “to go right away”. It usually takes about 1 to 3 days to have a bowel movement after taking it.

## What to expect when starting

Here's when people typically experience benefits as well as some possible side effects. Your experience may be different.

	Hours	Days	Weeks	Months	Long term
<b>Glycolax (polyethylene glycol)</b> Drug effectiveness					
<b>Possible side effects†</b>					
<b>Nausea</b>					
<b>Stomach upset</b>					
<b>Allergic reaction</b>					
<b>Bloating and gas</b>					
<b>Diarrhea</b>					
<b>Stomach cramping</b>					

† Data on frequency of side effects is not available.

## Tips from pharmacists

- Glycolax (polyethylene glycol) comes in a powder that you mix in 4 to 8 ounces of fluids (any beverage, hot or cold) and then drink. You can use the bottle top as a measuring cup to pour out the right amount of powder needed for 1 dose.
- Take Glycolax (polyethylene glycol) once a day for up to a maximum of 7 days.
- Talk to your doctor before taking this medication if you have nausea, vomiting, belly pain, a sudden change in your bowel movements lasting more than 2 weeks, or irritable bowel syndrome.
- Don't use in children age 16 and younger without first asking a doctor.
- If you get belly pain, upset stomach, bloating, diarrhea, or rectal bleeding, stop using this medicine and talk to your doctor right away.
- Drink plenty of fluids and eat foods rich in fiber, especially vegetables.

## Risks and warnings

Contact your doctor if you experience any of these.

### Electrolyte imbalance

Taking too much Glycolax (polyethylene glycol) or taking it for too long can cause changes in your body's electrolytes, like sodium and potassium. Electrolytes help your body function properly. This is more likely to happen if you're also taking medicines that change the amount of electrolytes in your body. Drink plenty of liquids and eat a healthy diet while taking Glycolax (polyethylene glycol). Talk to your doctor or pharmacist if you've been taking Glycolax (polyethylene glycol) for more than 7 to 14 days and you haven't noticed any changes in your bowel movements.

### Allergic reaction

Some people might have an allergic reaction to Glycolax (polyethylene glycol). Symptoms of an allergic reaction include rash, itchy skin, hives, difficulty breathing, or swelling of your face or mouth. If you have any of these symptoms, talk to your doctor or go to the emergency room right away.

### Bowel blockage

Glycolax (polyethylene glycol) usually works in 7 days or less. Rarely, Glycolax (polyethylene glycol) won't work because your bowels might be blocked, which can be very dangerous. If you have a high fever, nausea, vomiting, pain or bulging in your belly that doesn't go away, rectal bleeding, and no bowel movement after taking Glycolax (polyethylene glycol), talk to your doctor or go to the emergency room right away.