

Miralax & thickened liquids

Posted Jul 4, 2010

by [pistolchick](#)  

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I'm having a terrible time trying to mix up Miralax with thickened liquids (nectar). If I use pr thickened liquids, the Miralax literally de-thickens it. If I make my own thickened liquids (wi h2O) I get chunks, goo... if I use milk or juice and thicken my own, there is some de-thicken plus disgusting chunks... and it doesn't seem to matter what my mixing technique is...

Anybody know of any other way...?!

emt2rn82

Specializes in Critical Care; LTC. 26 Posts

Jul 5, 2010

I have found if I dissolve the miralax first like 5 minutes before I add the thickening agent th thickener after the miralax is totally dissolved. It is thick and not too chunky atleast tolerabl hope this helps

chloecatrn

410 Posts

Jul 5, 2010

I know that for people I've had with thickened liquids, lactulose has ended up working better just because we didn't end up with that chemical reaction. What are you using to thicken your liquids? I do know that for the one person that we ended up leaving on Miralax, we ended up having to use Simply Thick instead of Thick-it, because we didn't get the clumps from two boxes of powder mixing in one liquid. (Simply Thick is a gel.)

pudding28

2 Posts

Jul 6, 2010

I'm so glad to see that someone else noticed this. I have brought this fact up to our facility pharmacist and he was surprised and not aware that it dethickens liquids. He was going to use it but I think he forgot about it. I don't think most pharmacies are aware of the Miralax

company for that matter and they should let people know on the bottle. Anyway to answer question, I have tried taking a thicker juice such as honey thick and see if it still thins as much. I usually tell the MD that this person is on thickened liquids and needs something instead of Miralax. I have mixed it with applesauce and then had them follow up with 8 oz liquid. Sorry for the long rant.

pistolchick

123 Posts

Jul 6, 2010

Thanks for the replies, yes, nobody else at my facility seems to notice... or mention it, anyway lol. I've had that same thought about honey thick! Tried it and the exact same thing happened. I'm right back to completely unthickened liquids. I usually stir my Miralax until completely dissolved anyway, but the second I put in thickener, I get this massive clump of snot looking stuff that I can literally dish out with a spoon. It's disgusting. I think I'm going to have to call a pharmacy and see what they suggest.

systoly

Specializes in LTC, Memory loss, PDN. Has 23 years experience. 1,756 Posts

Jul 7, 2010

Very informative and helpful posts. Pistolchick, what are you packing?

pistolchick

123 Posts

Jul 7, 2010

a witty retort - lol - as in, "she's a real pistol" - not firearms! probably a silly name for someone

who doesn't really believe in guns.

systoly

Specializes in LTC, Memory loss, PDN. Has 23 years experience. 1,756 Posts

Jul 9, 2010

Got ya, my bad.



MissBrn, ADN, RN

48 Posts

Sep 1, 2010

I haven't ran into this yet as a nurse but I have noticed at home (my son takes Miralax) that mix sits for bit it will thicken, not unlike a mixture of thickened water.

york

1 Post

Apr 6, 2017