

# Preparation Instructions for Colonoscopy (*with or without EGD*)

**\* If your child is a diabetic, please be sure to discuss pre-operative management of diabetes with Endocrinology. Your diabetes nurse will be notified of your procedure. If you do not hear from them 4 days before your procedure, please reach out via MyChart message or call at 858-966-4032 (choose option to speak to nurse).**

Patient Weight: \_\_\_\_\_ kg

## WHAT YOU WILL NEED FOR CLEAN OUT (*all are over the counter medications*)

**MEDICATIONS:** 1 Osmotic Laxative & 1 Stimulant Laxative

+ Osmotic Laxative: MiraLax OR Generic Polyethylene Glycol

+ Stimulant Laxative: Dulcolax (*tablets*) OR Generic Bisacodyl (*tablets*) OR Senna (*liquid*)

**CLEAR LIQUIDS:** Water, tea, Gatorade, or sports drink to mix MiraLax. **AVOID** anything **RED**, **BLUE** or **PURPLE** - it could look like blood when it comes out as stool.



## CLEAN-OUT INSTRUCTIONS DAY BEFORE PROCEDURE:

**NO EATING FOOD**

## CLEAR LIQUIDS ONLY

e.g. Ice popsicles, jello, soup broth, juice (no milk, orange juice, or shakes). Gatorade or any sport drinks are preferred. **AVOID** anything **RED**, **BLUE** or **PURPLE**.

### Early morning:

Have your child take \_\_\_ tablet(s) of Dulcolax (Bisacodyl) **OR** \_\_\_ mL of Senna

### 1 hour after taking Dulcolax (Bisacodyl) OR Senna:

Take \_\_\_ g (= \_\_\_ capfuls or packets) of MiraLax (polyethylene glycol) with \_\_\_\_\_ ounces of clear liquid. Have your child drink \_\_\_ ounces every 15 to 20 minutes. Goal to finish MiraLax in \_\_\_ minutes. **PLEASE COMPLETE MEDICATIONS AS DIRECTED.**

If stools are NOT a clear liquid (light green or yellow, see *Great bowel prep*) by 4 pm, then call 858-966-4003 (option 3) to discuss with GI nurse.



Great bowel prep. Yellow & clear.



Almost there. Keep going.  
Yellow & clear with small particulate matter



Not clear. Keep going.

CONTINUE to encourage your child to drink plenty of **CLEAR LIQUIDS** until 3 hours before procedure – preferably nothing to drink after midnight. Goal is at least 1-2 liters before going to bed.

**QUESTIONS OR PROBLEMS?**

Call (858) 966-4003 (option 3)

If after 5 pm, call (858) 576-1700 extension 0. Ask to page the on-call GI Fellow.

**NEED TO CANCEL OR RESCHEDULE A PROCEDURE?**

Please cancel or reschedule procedure(s) at least **72 hours before** your procedure date.

Call (858) 966-4003, option 4 to speak with a scheduler