

# Preparation Instructions for Colonoscopy *With or without Upper Endoscopy (EGD)*

Patient Weight: **103 lbs. to 109 lbs.**

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

## MEDICATIONS:

MiraLAX OR Generic Polyethylene Glycol

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.



## QUESTIONS OR PROBLEMS?

Call 858-966-4003 (option 3)

If after 5 pm, call 858-576-1700 (option 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

**THE DAY BEFORE YOUR PROCEDURE:**

**NO EATING SOLID FOOD ALL DAY.**

**CLEAR LIQUIDS ONLY** (Liquids you can see through).

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**.

**CLEAN-OUT INSTRUCTIONS:**

**At 8 am:**

Have your child take **3** tablet(s) of Dulcolax (Bisacodyl) **OR 15** mL of Senna

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

Mix **204** g (= **12** capfuls or packets) of MiraLAX (polyethylene glycol) with **64** ounces clear liquid.

Have your child drink **7 to 8** ounces of this mixture every 15 to 20 minutes.

The Goal is to **finish MiraLAX by 1 PM.**

**After MiraLAX,** have your child drink **8** ounces of **CLEAR LIQUIDS every hour.** Preferably Gatorade or sports drink. The Goal is to drink 67 ounces (2 liters) before going to bed.

Your child can drink CLEAR LIQUIDS **until 3 hours before procedure.**

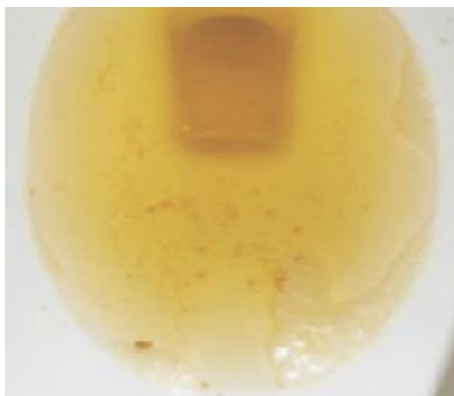
**STOP ALL LIQUIDS 3 HOURS BEFORE THE PROCEDURE.**

**NO FOOD IS ALLOWED (NO EATING FOOD) ALL DAY and BEFORE THE PROCEDURE.**

**By 3 PM, if stools are NOT a clear liquid (See Great bowel prep photo below)  
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.**  
Cannot see bottom of toilet bowl.