

Bowel Preparation Instructions for Colonoscopy with or without Upper Endoscopy (EGD)

Patient Weight: 103 lbs to 109 lbs

LOW FIBER / LOW RESIDUE DIET

Remove skin from meats, vegetables, and fruits before cooking or eating!

Avoid foods with seeds, nuts, raw, or dried fruits!

- Breads & Starches
 - White breads, white pasta, white rice/noodles, plain cereal (e.g., Rice Krispies®, Special K®), plain crackers, pretzels, skinless/cooked potatoes
- Meat & Alternatives
 - Chicken, eggs, fish, tofu, turkey
- Fruits & Vegetables
 - Applesauce, banana, canned, cantaloupe, carrots, green beans, honeydew
- Other
 - Animal crackers, butter/margarine, mayo, mustard, sherbert, vanilla wafers

MEDICATIONS:

1. MiraLAX OR generic polyethylene glycol
2. Dulcolax (*tablets*) OR generic Bisacodyl (*tablets*) OR Senna (*liquid*)



QUESTIONS OR PROBLEMS?

- Before 4:30 pm, call 858-966-4003 (option 3)
- After 4:30 pm, call 858-576-1700 (option 0). Ask to page the on-call GI Fellow.

NEED TO CANCEL OR RESCHEDULE A PROCEDURE?

- Please call **at least 72 hours before** your procedure date.
 - Weekdays - Call 858-966-4003 (option 4) to speak with a scheduler.
 - Weekends - Call 858-576-1700 (option 0). Ask to page the on-call GI Fellow.

CLEAR LIQUIDS:

Apple juice, clear soup broth, Italian ice, Jell-O®, popsicles made without real fruit, powdered drink mixes (e.g., Kool-Aid® or Crystal Light®), sports drinks (e.g., Gatorade®), water, white grape juice.

NO RED, BLUE, or PURPLE colored liquids!

3 DAYS BEFORE THE PROCEDURE

Your child must be on a **low fiber / low residue only**

2 DAYS BEFORE THE PROCEDURE

Your child must be on a **low fiber/ low residue + medications**

Medication Instructions:

1. Have your child drink **3** capfuls or packets of MiraLAX (polyethylene glycol) mixed in **24** ounces of fluid before bedtime.
2. Have your child take **3** tablet(s) of Dulcolax (Bisacodyl) OR **15** mL of Senna before falling asleep.

HELPFUL TIPS

- Stay home from school the day prior to the endoscopy to complete the bowel prep as recommended.
 - A school note can be provided upon request.
- Prep may start working from 3 minutes to 3 hours after taking the first dose, so remain close to a toilet.
- Consider drinking the prep through a straw to reduce swallowing air.
- Use baby wipes instead of toilet paper.
- Use Vaseline or Desitin to protect skin from irritation.

1 DAY BEFORE THE PROCEDURE


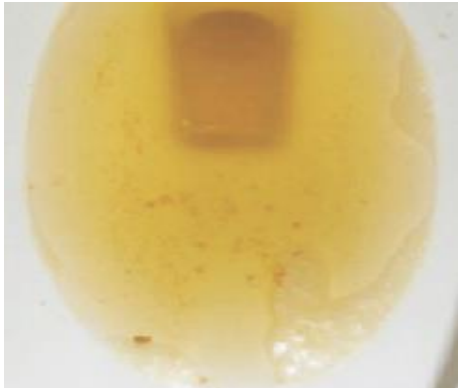

Your child must have **No FOOD! Clear liquids ONLY! + Medications**

Preferably Gatorade® or any sports drink. **AVOID** are **RED**, **BLUE**, or **PURPLE** colored liquids!

Medication Instructions:

1. At **8 am**, have your child take **3** tablet(s) of Dulcolax (Bisacodyl) **OR 15** mL of Senna
2. ONE 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**. By **3 PM**, if stools are **NOT a clear liquid like “Great bowel prep” picture below. Call as instructed above.**

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|---|--|---|
|  |  |  |
| <u>Great bowel prep!</u> Yellow & clear. | Almost there. Keep going. Yellow & clear with small particulate matter. | Not clear. Keep going. Cannot see bottom of toilet bowl. |

MY CHILD'S STOOLS ARE CLEAR, NOW WHAT?

Have your child continue drinking clear liquids. Your child drank a lot of fluid BUT stooled out a lot of fluid and electrolytes. **Re-hydration is very important!** Have your child drink **8** ounces of clear liquids **every hour**.

Preferably Gatorade® or any sports drink. **AVOID** are **RED**, **BLUE**, or **PURPLE** colored liquids!

GOAL: Have your child drink 67 ounces (2 liters) before going to bed!

DAY OF THE PROCEDURE

Your child must have **No FOOD! ONLY Clear liquids until 2 hours before procedure.**

AVOID RED, BLUE, or PURPLE colored liquids! **NOTHING TO EAT OR DRINK 2 HOURS BEFORE THE PROCEDURE!**