

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

Patient Weight: 110 lbs or more

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


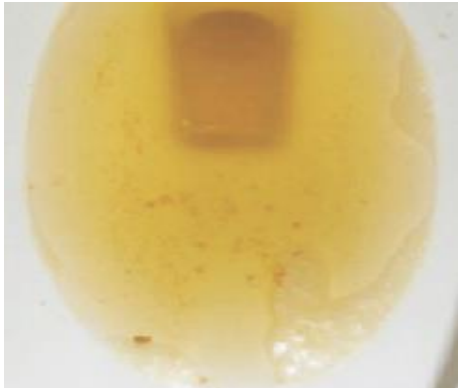

Your child must have **No FOOD! Clear liquids ONLY! + Medications**

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 **238 g** (= **14** 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.**

		
<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!**