

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: 22 lbs. or less

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**.

At 9 AM:

Take 51 g (= 3 capfuls or packets) of MiraLax (polyethylene glycol) with 24 ounces of clear liquid. Have your child drink 3 to 4 ounces every 15 to 20 minutes. The goal is to finish MiraLax by 11:45 AM but preferably before. PLEASE COMPLETE MEDICATIONS AS DIRECTED.

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.

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



Great bowel prep.
Stool is yellow & clear.



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



Not clear. Keep going.

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