

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

**\* If your child has DIABETES, 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, reach out via MyChart message or call at 858-966-4032 (choose option to speak to nurse).**

Patient Weight: **29 lbs to 38 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.



## CLEAN-OUT INSTRUCTIONS DAY BEFORE 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**.

#### **Early morning:**

Have your child take **1** tablet(s) of Dulcolax (Bisacodyl) **OR 5** mL of Senna

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

Mix **68** g (= **4** capfuls or packets) of MiraLAX (polyethylene glycol) with **32** ounces of clear liquid.

Have your child drink **4** ounces of this mixture every 15 to 20 minutes.

The Goal is to **finish MiraLAX by NOON.**

**After MiraLAX**, have your child drink **6** ounces of **CLEAR LIQUIDS every hour**. Preferably Gatorade or sports drink. The Goal is to drink 50 ounces (1.5 liters) before going to bed.


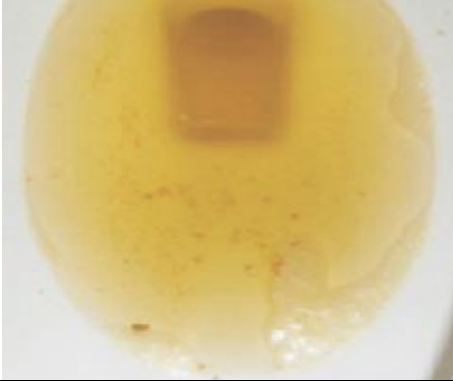

Your child can drink CLEAR LIQUIDS **until 3 hours before procedure.**

**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.

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

#### **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