

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

Patient Weight: **39 lbs. to 49 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 **1** tablet(s) of Dulcolax (Bisacodyl) **OR 5** mL of Senna

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

Mix **85** g (= **5** capfuls or packets) of MiraLAX (polyethylene glycol) with **40** ounces of clear liquid.

Have your child drink **4 to 5** ounces of this mixture every 15 to 20 minutes.

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

**After MiraLAX**, have your child drink **7** 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 2 hours before procedure.**

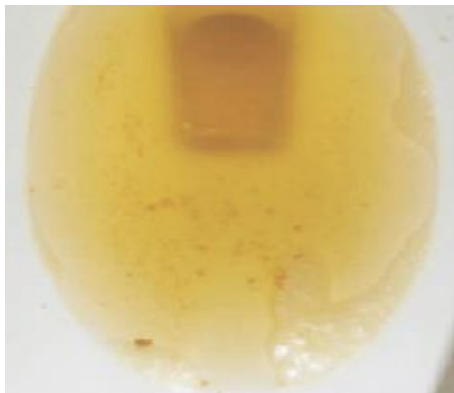
**STOP ALL LIQUIDS 2 HOURS BEFORE THE PROCEDURE.**

**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.