

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

**Patient Weight:** 50 lbs to 58 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 + medications**

#### **Medication Instructions:**

1. Have your child drink **1** capfuls or packets of MiraLAX (polyethylene glycol) mixed in **8** ounces of fluid before bedtime.

### **2 DAYS BEFORE THE PROCEDURE**

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

#### **Medication Instructions:**

1. Have your child drink **2** capfuls or packets of MiraLAX (polyethylene glycol) mixed in **16** ounces of fluid before bedtime.
2. Have your child take **1** tablet(s) of Dulcolax (Bisacodyl) OR **5** 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


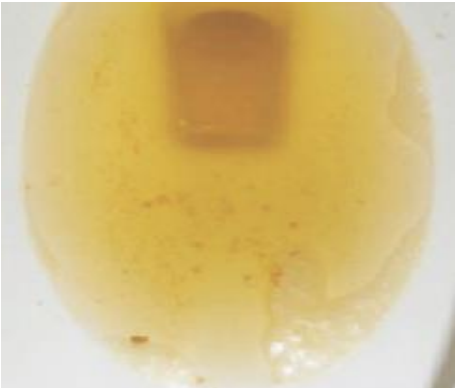

Your child must have **No FOOD! Clear liquids ONLY! + Medications**

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

### Medication Instructions:

1. At **8 am**, have your child take **2** tablet(s) of Dulcolax (Bisacodyl) **OR 10** mL of Senna
2. ONE hour after taking Dulcolax (Bisacodyl) OR Senna, mix **102 g** (= **6** capfuls or packets) of MiraLAX (polyethylene glycol) with **48** ounces clear liquid. (*Have your child drink 5 to 6 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.**

		
<b><u>Great bowel prep!</u></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.

## 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 50 ounces (1.5 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!**