

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

Patient Weight: **68 lbs. to 76 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 **3** tablet(s) of Dulcolax (Bisacodyl) **OR 15** mL of Senna

1 hour after taking Dulcolax (Bisacodyl) OR Senna:

Mix **136** g (= **8** capfuls or packets) of MiraLAX (polyethylene glycol) with **64** ounces clear liquid.

Have your child drink **6 to 7** ounces of this mixture every 15 to 20 minutes.

The Goal is to **finish MiraLAX by 12:30 PM.**

After MiraLAX, have your child drink **8** ounces of **CLEAR LIQUIDS every hour**. Preferably Gatorade or sports drink. The Goal is to drink 67 ounces (2 liters) before going to bed.

Your child can drink CLEAR LIQUIDS **until 2 hours before procedure.**

STOP ALL LIQUIDS 2 HOURS BEFORE THE PROCEDURE.

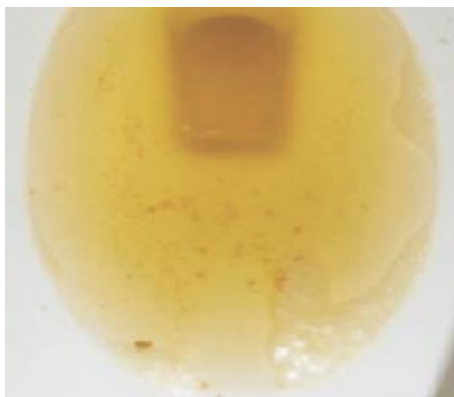
NO FOOD IS ALLOWED (NO EATING FOOD) ALL DAY and BEFORE THE PROCEDURE.

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.