

# 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: **77 lbs to 89 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 **3** tablet(s) of Dulcolax (Bisacodyl) **OR 15** mL of Senna

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

Mix **153** g (= **9** 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 1 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 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