

Your child has a colonoscopy procedure scheduled.

**Please read all clean out instructions prior to your child's procedure. A Pre-Operative nurse will call with specific times regarding your child's procedure.**

The purpose of this clean out is to prepare the bowel for the procedure. Note: Individual responses to laxatives do vary. **The stool needs to become clear and watery. This is the expected result.**

Laxatives often work within 30 minutes but may take as long as 3 hours to work. Please remain within easy reach of toilet facilities. Your child will have several stools a day. This is the desired result.

- **No Aspirin, Ibuprofen products, or Aleve for one week prior to procedure. Acetaminophen (Tylenol) is fine.**
- **No red meat or heavy red pasta sauces for 3 days prior to the procedure.**

The item needed for the clean out can be found at your local pharmacy without a prescription. You will need to buy:

- One 238-gram bottle of Miralax (Polyethylene Glycol) laxative. Miralax is odorless, tasteless, and colorless.

### **THREE DAYS BEFORE THE PROCEDURE:**

1. Give 1/2 capful of Miralax mixed in 4 ounces of fluid 6 times a day. **Please stir the mixture for 60 seconds to ensure the Miralax has fully dissolved.** During the day between Miralax doses, please be sure your child drinks extra fluids.
2. Regular diet (low fiber)

### **TWO DAYS BEFORE THE PROCEDURE:**

Repeat yesterday's instructions.

### **ONE DAY BEFORE THE PROCEDURE:**

Repeat the previous two days instructions, however your child is **ONLY** allowed to have **clear liquids during the entire day.** Solid foods, orange juice, milk and dairy, soy milk, rice milk, thickeners and fruit juices with pulp are not allowed.

**CLEAR LIQUIDS** are liquids you can see through and include:

- Clear fruit juices without pulp
- Water, vitamin water, flavored water
- Clear chicken broth or bouillon (not beef)
- Gatorade, Powerade, Kool-Aid, Pedialyte
- Plain Jell-O (without added fruits or toppings)
- Ice popsicles

**\*\*\*NO RED, BLUE, OR PURPLE DYES**

If your child is unable to tolerate the medicine, please call our office at **602-933-0940**.

On the weekend, please call the hospital main line **602-933-1000** and ask for the GI Doctor on-call.

### **DAY OF THE PROCEDURE:**

1. Clear liquids are allowed up until 2 hours before check-in. Please follow any other day of procedure instructions given by the pre-operative nurse.
2. You will see the anesthesiologist and your GI Doctor prior to the procedure. You will see the GI Doctor following the procedure for visual impressions. Test results will be available within 2 weeks. The GI Doctor or a member of their team will call and review the results with you.



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- One 238-gram bottle of Miralax (Polyethylene Glycol) laxative. Miralax is odorless, tasteless, and colorless.
- One box of Chocolate Ex-Lax (15 mg) squares OR one box of Senna (8.6 mg or 15 mg) tablets.

### THREE DAYS BEFORE THE PROCEDURE:

1. Give 1 capful of Miralax mixed in 8 ounces of fluid 4 times a day. **Please stir the mixture for 60 seconds to ensure Miralax has fully dissolved.** During the day between Miralax doses, please be sure your child drinks extra fluids.
2. Give ½ square of Ex-Lax before bed. If using Senna 8.6 mg tablet, crush 1 tablet and give in a small amount of food or liquid. If using Senna 15 mg tablet, cut in half, crush, and give in a small amount of food or liquid.
3. Regular diet (low fiber)

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- Two 238-gram bottles of Miralax (Polyethylene Glycol) laxative. Miralax is odorless, tasteless, and colorless.
- Senna tablets (15 mg) or Chocolate Ex-Lax (15 mg) squares.
- 48 ounces of Gatorade (any color except red, blue, or purple)

\*\*\*Diabetics may use Gatorade or Powerade Zero

### THREE DAYS BEFORE THE PROCEDURE:

1. Mix 7 capfuls of Miralax in 48 ounces of fluid. **Please stir the mixture for 60 seconds to ensure Miralax has fully dissolved.** Drink 8 ounces every hour until the solution is entirely gone. During the day between Miralax doses, please be sure your child drinks extra fluids.
2. Take 1 Senna tablet or 1 Ex-Lax square (15 mg total) before bed.
3. Regular diet (low fiber)

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