

Your child has a colonoscopy procedure scheduled.

**Please read all 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 response to laxatives does 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 an increased number of stools. 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 items needed for the clean out can be found at your local pharmacy without a prescription. You will need to purchase:

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

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

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

1. Take 2 Senna tablets or 2 Ex-Lax squares (30 mg total) before bed.
2. Regular diet (low fiber)

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

1. Take 2 Senna tablets or 2 Ex-Lax squares (30 mg total) before bed.
2. Regular diet (low fiber)

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

1. **Clear liquids only today.** Solid foods, orange juice, milk, 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**

2. Mix the entire 238-gram bottle of Miralax (14 capfuls) with 72 ounces Gatorade in a large pitcher. **Please stir the mixture for 60 seconds to ensure Miralax has fully dissolved.** Drink 8 ounces every 15-20 minutes until the solution is entirely gone. If you feel nauseated, stop for one hour, but you need to drink all within 4-6 hours. Please drink an extra 32 ounces of clear fluids during the day in addition to Miralax solution.
3. Take 2 Senna tablets or 2 Ex-Lax squares (30 mg total) two hours after starting the Miralax solution.

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. Your GI doctor or a member of their team will call and review the test results with you.

