

Dartmouth-Hitchcock Manchester
(603) 695-2745
Pediatric Gastroenterology

COLONOSCOPY INSTRUCTIONS

Getting Ready

You will need to have

- Miralax® (Polyethylene Glycol 3350) 238 grams (over the counter)
- Gatorade 20 to 64 oz. (see dosing below) **NO** red, purple, or blue colors
- ExLax squares (chocolate tabs) **OR** Dulcolax (Bisacodyl) 5mg- see "Medication Plan" below

You may also want to have

- cleansing/soothing wipes
- plenty of toilet paper

Scheduling

You will receive a telephone call *5-7 days prior* to your scheduled procedure date from Elliot 1-day Surgery. This telephone call interview will address your child's health history, medications and allergies. If the pre-operative nurse does not reach you, you will need to return this call. Failure to return this call will result in the cancellation/rescheduling of your procedure.

You will also receive two calls *2 days prior* to your procedure: one from our surgical scheduler with your arrival time and another from the nurse team confirming preparation instructions.

Please try to be as accommodating as possible for ALL of these phone calls and please be sure your provider's office has the best number to reach you on file prior to this timeframe. Thank you in advance for your cooperation and accommodation for these calls.

Bowel Preparation

Your doctor and/or nurse has talked to you about the need for your child to have a colonoscopy. In order to do this, the bowel must be free of stool so the doctor can see the lining of the colon. To free the bowel of stool, your child will:

- Be on a clear liquid diet the entire day before the colonoscopy
- Drink a medication called Miralax® (Generic Name: Polyethylene Glycol 3350)
- Depending on age, chew ExLax squares or swallow Bisacodyl (Dulcolax) tabs

The clear liquid diet will decrease the amount of stool passing through the colon, make the stool easier to pass and keep your child from getting dehydrated. The Miralax® will make your child's stool very runny and will help flush the stool from the colon. Miralax® is purchased over the counter at your local pharmacy.

The Day before the Colonoscopy

Clear Liquids: Your child will be on a strict clear liquid diet all day. This means *no solid foods, gum, candy or dairy products*. It is very important to keep your child drinking clear liquids throughout the day to keep hydrated and to help the prep work well.

Some examples of clear liquids are: Jell-O, soda, clear juice (white grape, apple, and white cranberry), popsicles, gatorade, sports drinks, water, fruit ices, clear broth or bouillon soups, pedialyte and tea. **IMPORTANT: Please do not give any RED, BLUE, or PURPLE liquids/popsicles.**

Please start clear liquids at breakfast on *the day before* the procedure. Your child may have clear liquids up until four hours before the scheduled colonoscopy time

Medication Plan:

-For ages 2-5 or 10-20 kg (22-44 pounds):

Mix 4 capfuls of Miralax® into 20 ounces of Gatorade. Take one square of ExLax first thing in the morning on the day prior to the colonoscopy. Begin drinking the Gatorade solution no later than 8:00 a.m. Drink at least 5 ounces every hour until gone. Repeat a second ExLax square again at 3 p.m. regardless of results.

-For ages 6-8 or 20-30 kg (45-66 pounds):

Mix 6 capfuls of Miralax® into 32 ounces of Gatorade. Take one square of ExLax first thing in the morning on the day prior to the colonoscopy. Begin drinking the Gatorade solution no later than 8:00 a.m. Drink at least 8 ounces every hour until gone. Repeat a second ExLax square again at 3 p.m. regardless of results.

-For ages 9-12 or 30-40 kg (67-87 pounds):

Mix 8 capfuls of Miralax® into 40 ounces of Gatorade. Take one 5mg tablet of Bisacodyl (Dulcolax) OR one square of ExLax first thing in the morning on the day prior to the colonoscopy. Begin drinking the Gatorade solution no later than 8:00 a.m. Drink at least 10 ounces every hour until gone. Repeat a second tablet of Bisacodyl 5mg OR one square of ExLax at 3 p.m. regardless of results.

-For ages 12 and over or 40+ kg (over 88 pounds):

Mix 10 capfuls of Miralax® into 64 ounces of Gatorade. Take 2(two) Bisacodyl (Dulcolax) 5mg tablets first thing in the morning on the day prior to the colonoscopy. Begin drinking the Gatorade solution no later than 8:00 a.m. Drink at least 16 ounces every hour until gone. Repeat a second dose of 2(two) tablets of Bisacodyl 5mg at 3 p.m.

Continue clear liquids throughout the remainder of the day. Clear liquids can be given up until 4 hours prior to the procedure. The procedure may be cancelled if your child eats or drinks within 4 hours prior to surgery. (Ex. If your child is scheduled to arrive at 8 a.m., they cannot have anything by mouth after 4 a.m.).

IMPORTANT: The last bowel movement should look like “pale ice tea” color. There should be no solid stool and you should be able to see the bottom of the toilet bowl. Even if your child is having diarrhea and the stool appears clear, continue the Miralax® until the entire dose is gone.

NOTE: Please call 695-2745 if there has been no bowel movement by 2:00 p.m. on the day prior to surgery, stool is not clearing, or if your child vomits the medication.

If your child becomes ill with a fever, cold or flu symptoms within 7 days of the procedure please call and speak to the GI nurse. The procedure may need to be rescheduled to allow your child time to recover before anesthesia is given. If you have any questions or concerns, please call the following numbers.

Office Hours: Monday-Friday 8:00am–5:00pm: 603-695-2745. After hours or on weekends: ask for GI doctor on call.