

PREPARING FOR COLONOSCOPY

A colonoscopy is a diagnostic procedure that uses an endoscope (a long, flexible, lighted tube also called a colonoscope) to allow a doctor to examine the entire length of the large intestine. The endoscope is inserted through the rectum into the colon and can assist in finding problems with the colon, such as inflamed tissue, ulcers and bleeding.

CLEAR LIQUID DIET

Your child should begin a clear liquid diet starting when they wake up the day before their procedure. A clear liquid diet includes:

- Pedialyte or Gatorade in any color but red
- Jell-O in any color but red
- Popsicles without pieces of fruit and in any color but red
- Chicken, beef or non-red vegetable broth. It is important that the child eat only liquid broth—not soup with meat or vegetables.
- 7UP or Sprite
- Apple juice or white grape juice

It is very important that red drinks, Jell-O and popsicles be avoided prior to colonoscopy, as the fluid left in the large intestine will look like blood. Blue, purple, yellow and orange drinks, Jell-O and popsicles are fine.

BOWEL CLEANOUT

In order to see as much as possible during the colonoscopy, your child's doctor will prescribe a bowel cleanout for the day before the colonoscopy. This cleanout will clear most, if not all, stool from your child's body. The doctor or his staff will provide specific instructions that will be based on your child's condition, age and other factors. Your child's doctor will advise ONE of the methods below. All medications are available without a prescription.

MAGNESIUM CITRATE

Magnesium citrate is generally used for children over the age of 3. It requires three doses to be given the day before the procedure and should be spread out during the day. Last recommended dose should be given at 5 p.m. to avoid the patient getting up at night to go to the restroom. Lemon lime or cherry flavors are both fine for children to take, as the red dye in magnesium citrate is different than that used in foods and drinks. To make the magnesium citrate taste better, it is important to keep it as cold as possible. It can also be mixed with Gatorade or juice. Another option is to mix Crystal Light fruit drink mix powder into the magnesium citrate (one tablespoon of Crystal Light for smaller doses or two tablespoons for larger doses).

- 2-5 years old: 2-3 oz
- 6 years and up: 1 oz for every year of birth up to 10 oz max

MILK OF MAGNESIA

Milk of Magnesia is generally used for children younger than 3 years of age. The doses below are given the day before the colonoscopy procedure every four hours until the child has heavy diarrhea.

- Children up to 2 years: 0.25 ml/kg per dose
- 2-6 years: 1ml/kg per dose
- 7-12 years: 2ml/kg per dose
- Adolescents and young adults: 30-60ml per dose

Your child's doctor will provide exact dosing based on the child's age and weight.

MIRALAX

Miralax is an alternative cleanout for children of all ages. If your child will be using Miralax, they will be drinking it throughout the day. All of the needed Miralax solution for the day can be made ahead of time and kept in the refrigerator. (Each capful of Miralax is equal to 17 grams.)

- For children under the age of 7, parents should speak with the doctor about dosing
- Children between the ages of 7 and 13 will drink 126g (7.5 capfuls) of Miralax with 32oz of Gatorade throughout the day
- Adolescents and young adults ages 13 and older should drink 263g (15.5 capfuls) of Miralax mixed with 64oz of Gatorade throughout the day

The doctor may ask that your child take one Dulcolax pill after the first four glasses of Miralax, and a second Dulcolax pill after the last four glasses of Miralax.

QUESTIONS BEFORE COLONOSCOPY

If you have any questions or concerns leading up to the day of the colonoscopy—including those having to do with the clear liquid diet, cleanout or signs of illness in the days leading up to the colonoscopy or day of the colonoscopy—please do not hesitate to contact us at 714-509-7646.