

Colonoscopy Preparation – Age 10-13 years

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Procedure Day: _____ Cleanout Day: _____

Important Reminders

- Please call the office during regular business hours if your child develops a fever, cough, or cold at any point leading up to the procedure date. Your child's safety is our top priority.
 - Finish any required lab work at least 48 hours before the procedure.
 - Complete your surgery center papers.
 - If you have diabetes, consult with your endocrinologist.
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Procedure Facility

You may get up to three phone calls from the surgery center before the procedure.

- One to ask about your child's health and give instructions
 - One to go over payment (co-pays, deductibles)
 - One from the anesthesiologist or nurse
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Arrival Time

- You will receive an arrival time at least 1 day before your scheduled procedure. If you have not received an arrival time, call the facility or the office the day before your procedure.

My Arrival Time: _____

CLEANOUT DAY

Shopping List (best to purchase these items before cleanout day)

- 2 bottles Magnesium Citrate (10 oz each)
 - 2 bisacodyl tablets (5 mg each) **OR** 12 pack of Chocolate Ex-Lax (if child cannot swallow pills)
 - 1 canister MiraLax / Purelax / Polyethylene Glycol 3350 (8.3 oz)
 - 1 Fleet Saline enema/saline laxative (4.5 oz)
 - Clear liquid diet food/drink (see page 2 for examples)
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Clear Liquid Diet

- Avoid red-colored food and drink
 - You may eat and drink things like: Water/ice, Popsicles, Jell-O, Italian ice (no fruit pieces), Black Tea/Coffee, Sprite, Crystal Light, Hard Candy, Fruit juices without pulp, and Sports Drinks. You **MAY** have clear Broth with a maximum of 10 plain (seedless) crackers (Ritz, Saltine, etc.)
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Magnesium Citrate (standard) Cleanout Instructions

Morning / Wake Up

- Take one **bisacodyl 5mg** tablet **OR** one **ex-lax 15mg senna chocolate square**
- **DO NOT EAT ANY SOLID FOODS.**
- Drink 6 - 8 oz of fluid every hour today while you are awake.
- You may eat anything listed in the Clear Liquid Diet.

4:00 PM

- Take one **bisacodyl 5mg** tablet **OR** one **ex-lax 15mg senna chocolate square**
- Drink **10 oz cold magnesium citrate** mixed with up to 10 oz sprite/sports drink

6:00 PM

- Drink **10 oz cold magnesium citrate** mixed with up to 10 oz sprite/sports drink

10:00 PM

- If you are having watery diarrhea → You are successful!
- If you are not having watery diarrhea → Take 5 doses of MiraLax mixed into 28 ounces sports drink and administer a 4.5-ounce Fleet Saline enema

-  **Midnight - DO NOT EAT or DRINK after midnight** unless the surgery center or your gastroenterologist says otherwise.



Problems With The Clean Out?

- ***Taste too bad?*** → *Keep magnesium citrate cold, and add lemon-lime soda.*
- ***Nausea?*** → *Slow down how fast you are drinking the cleanout solution. Take ondansetron (nausea medication) if it was prescribed by your gastroenterologist.*
- ***Vomiting?*** → *Drink slowly, take breaks. If still vomiting, discontinue magnesium citrate and follow MiraLax alternative cleanout instructions instead (below).*
- ***Unable to take the Magnesium Citrate?*** → *Discontinue magnesium citrate and follow MiraLax alternative cleanout instructions (below).*
- ***Stomach cramps?*** → *This is a normal occurrence. Try using a heating pad or a warm bath.*

MiraLax (alternative) Cleanout Instructions

If you are unable to drink the standard cleanout for any reason, please follow these alternative instructions. **Tip* Do not exceed 2 tablets of bisacodyl during your cleanout. Tip/Additional Supplies* Depending on your cleanout success, you may also need a 4.5-oz Fleet Saline enema (see below)**

Morning / Wake Up

- Take one **bisacodyl 5mg tablet** **OR** one **ex-lax 15mg senna chocolate square**
- DO NOT EAT ANY SOLID FOODS.
- Drink 6 - 8 oz of fluid every hour today while you are awake.
- You may eat anything listed in the Clear Liquid Diet.

4:00 PM

- Take one **bisacodyl 5mg tablet** **OR** one **ex-lax 15mg senna chocolate square**
- Drink 8.3 ounces (14 doses) of MiraLax mixed with 56-64 ounces of sports drink within two hours

10:00 PM

- If you are having watery diarrhea → You are successful!
- If you are not having watery diarrhea → Administer a 4.5-ounce Fleet Saline enema.

Midnight

- **DO NOT EAT or DRINK after midnight** unless the surgery center or your gastroenterologist says otherwise.

PROCEDURE DAY

Before Your Procedure

- Drive safely and offer calm reassurance to your child.
 - Arrive on time. If you have not already completed your surgery center paperwork, you will do this when you check in.
 - Female patients may be required to give a urine sample for pregnancy testing. **(wait to pee)**
 - You and your child will be brought to the pre-op area, where your child will change into a surgical gown.
 - Please let your nurse know if your child has any preferences or special needs.
 - The nurse will start an IV.
 - You will meet with your nurse, anesthesiologist, and gastroenterologist before the procedure.
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During Your Procedure

- Colonoscopy is a safe and fast procedure that is used to evaluate the inside of the large and small intestines.
 - You will lie on a comfortable bed and be taken to the procedure room.
 - You will be kept warm under blankets during your procedure.
 - The anesthesiologist or nurse anesthetist will help you fall asleep and keep you comfortable throughout the procedure.
 - A thin, flexible tube (camera) is passed through the anus and into the intestine. Multiple biopsies (small samples of tissue) will be taken from the lining of the intestine, even if your colon appears healthy.
 - Colonoscopy can last between 10 and 30 minutes.
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After Your Procedure

- **School Excuse**
You will receive a doctor's note to excuse you from school for the day of your clean out and your procedure.
- **Results**
Your gastroenterologist will review initial findings with you immediately after the procedure. Biopsy results will be discussed at your child's follow-up visit.

- **How will I feel?**

When you wake up after your procedure, you might feel sleepy or a little dizzy. Most people feel okay, but you might have some stomach cramps, feel bloated, or feel a little sick to your stomach.

- **Activity**

Rest at home for the rest of the day after your procedure. The next day, you may go back to your normal activities like school, work, sports, or driving.

- **Eating**

You may eat and drink whatever you want after your procedure. Start with small amounts and eat slowly. Don't eat too much at once. Stay away from foods that usually upset your stomach.

Post-Procedure Problems

- *If you are experiencing significant problems after your procedure, please notify your gastroenterologist and seek care in the Emergency Room.*

- **Stomach Pain**

It is normal to have some stomach pain or cramps after your procedure. This is usually from gas in your belly. Walking around your house, using a heating pad, eating a small meal, or taking a nap can help. You may take a dose of Tylenol (acetaminophen), but you should not take ibuprofen and other NSAID medications. If your pain is very bad and lasts more than 1 hour, go to the ER and let your gastroenterologist know.

- **Diarrhea**

It is normal to experience some diarrhea for the next day or so.

- **Chest Pain**

Some people have mild or moderate chest pain after an upper endoscopy. Take deep breaths and don't over-exert yourself. You may take Tylenol (acetaminophen), but you should not take ibuprofen and other NSAID medications. If you have very bad chest pain, trouble breathing, or chest pain with a fever, go to the ER and call your gastroenterologist.

- **Blood in Your Poop**

You might see a small amount (a few teaspoons) of blood in the toilet after your procedure. If you see a lot of bright red blood, go to the ER and call your gastroenterologist.

- **Vomiting**

You might feel sick or throw up after your procedure. If your doctor gave you medicine for nausea, you may take it. If you keep throwing up for more than a couple of hours, go to the ER and call your gastroenterologist.

- **Vomiting Blood**

It is normal to throw up some flecks or streaks of old blood after an endoscopy. If you throw up bright red blood more than once, go to the ER and call your gastroenterologist.

- **Bruising**

You might get a bruise where the IV was in your hand or arm. If it hurts, put a cold pack on it.

- **Pain with Swallowing**

This usually improves within 1 day, but can sometimes last 3-5 days. If it hurts for more than 1 day or you can't drink enough, call the office. Ensure that your food or drink is not too hot or cold.

- **Neck or Back Pain**

Some people have neck or back pain after an endoscopy due to muscle strain. Use a heating pad, gentle stretching, and Tylenol (acetaminophen).