



Pediatric Gastroenterology and Nutrition

601 Elmwood Avenue

Rochester, NY 14642

Office (585)275-2647

Fax (585)275-0707

Pt Name _____

Pt Date of Birth _____

Appointment scheduled _____

WHAT IS A COLONOSCOPY?

A colonoscopy is an examination of the large intestine (colon) and sometimes the end of the small intestine using a flexible scope that has a light on the end of it. Often, one or more very small pieces of tissue (biopsies) may be taken during this procedure. Before the examination is performed, your child will be given sedation or anesthesia to make him/her very drowsy.

WHAT YOU, THE PARENT/GUARDIAN, NEED TO KNOW:

The attached sheet has instructions for the preparation for this procedure. We have checked the preparation we would like you to follow on the next page. Proper preparation is VERY IMPORTANT. The Department of Anesthesiology requires that if your child is menstruating, a urine pregnancy test will be done the morning of the procedure. If your child's bowels are not cleaned out well enough, the procedure may have to be rescheduled. If you are unable to follow the instructions or have any questions, please call our office at 585-275-2647.

Procedure is performed at Strong Hospital in procedure area within the operating room. Please call 585-276-3110, Monday through Friday, between 3:00 p.m. and 7:00 p.m. on the business day prior to your procedure for your scheduled ARRIVAL TIME. It is very important to arrive ON TIME. As you come from the parking garage, stop at the main information desk in the lobby to get directions to the green elevators. Take the green elevators to the 4th floor, stay on the wooden floor and look for the Pediatric Surgical Center Waiting Room.

Your child will be drowsy after the procedure and will need time to recover. The nurses will determine when he/she is ready to leave. Teenagers who can drive must have someone to drive them home. If you must cancel your appointment, please do so as soon as possible, 48 hours is appreciated. If you are delayed, it is very important that you let us know. Please call our office at 585-275-2647. Please call our office if your child develops a fever (101 F or greater) or respiratory symptoms occur (ie. Coughing, difficulty breathing, nasal secretions, etc) within 48 hours prior to the procedure.



COLONOSCOPY PREP INSTRUCTIONS: (for individuals more than 66 pounds)

Purchase the following medications used for the preparation ahead of time.

Dulcolax (bisacodyl) is a laxative tablet that is available over the counter *OR* Ex-Lax chocolate square, another laxative available over the counter.

Miralax (PEG 3350) is a tasteless white powder that can be mixed with any clear liquid. Purchase a 238 gram bottle.

Magnesium Citrate 10 oz bottle (Cherry or Grape flavor)

All of these medications are available over the counter at your pharmacy, Walmart or any other grocery store.

8: 00 AM (the day before the procedure):

Have light breakfast followed by clear liquid diet.

Clear liquids are any fluids that you can see through. Please **do not** offer any drink that is red, orange or purple. Examples of clear liquids – water, ginger ale, chicken broth (no chicken or noodles) apple juice, white grape juice, pedialyte and Jell-O.

Medications may be taken unless otherwise instructed.

12 NOON (the day before the procedure):

Take 2 Dulcolax tablets (you may crush the tablets if you have any difficulty in swallowing) or 2 chocolate Ex-lax squares.

1:00 PM (the day before the procedure):

Mix the entire bottle (about 15 capfuls in 64 ounces of clear liquid)

Begin drinking the Miralax solution. Your child should finish the solution within 2-3 hours.

Miralax comes with a measuring cap. One capful (17 gms) is measured up to the line inside the cap. Mix the miralax in a room temperature liquid until fully dissolved then chill.

5:00 PM OR 6:00 PM (the day before the procedure):

Take 2 Dulcolax tablets or 2 Ex-lax squares



8:00 PM OR 9:00 PM (the day before the procedure):

If the stools continue to be pasty brown or hard brown/ green, please take 10 oz of Magnesium Citrate followed by clear liquids.

If the stools are watery, clear, greenish/yellowish, you may continue to drink clear liquids until midnight.

Your child may have clear liquids up to 8 hours before the test.