

Bowel Cleanout for Colonoscopy

MiraLAX (polyethylene glycol) 238 gram bottle

Bowel cleanout medicines and food restrictions will start 2 days before the procedure. Use these instructions with the guidance of your child's healthcare provider. Check with your child's healthcare provider first before giving any type of medicine to your child.

Follow these steps to prepare your child for colonoscopy.

Stop these medicines 7 days before procedure

- No aspirin or aspirin-containing products for 7 days before or after the procedure.
 - No ibuprofen (Advil, Motrin) for 7 days before or after the procedure.
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Purchase these at any drug store

- Generic brands are OK:
- MiraLAX (polyethylene glycol) - 238 gram bottle
 - Bisacodyl tablets (Dulcolax)
 - Gatorade, Powerade, or Pedialyte - one 64 ounce bottle
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2 days before the procedure

Child's diet:

- Eat only low-fiber foods (eggs, chicken, white bread, cooked vegetables)
- Do not eat raw fruits or vegetables, whole-wheat or high-fiber breads, cereals or crackers
- Do not eat nuts, seeds or popcorn

Cleanout medicine to give:

- If your child is 5 to 12 years of age, give 1 tablet of bisacodyl with a large glass of any liquid at bedtime.
 - If your child is older than 12 years of age, give 2 tablets of bisacodyl with a large glass of any liquid at bedtime.
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1 day before the procedure

Child's diet:

- Drink only clear liquids. Clear liquids are fluids with or without color that you can see clearly through (are transparent) - they are not foggy liquids. Clear liquids include water, popsicles, transparent juices and Gatorade. (For babies: Pedialyte and breastmilk are OK, but not formula).
 - Do not eat solid foods
 - Do not drink thick or foggy liquids like orange juice, unfiltered cider, or real-fruit popsicles
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1 of 2

To Learn More

- Gastroenterology
206-987-2521 (option 4)
- Ask your child's healthcare provider
- seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.

1 day before the procedure, cont.

Cleanout medicine to give:

- At 2 p.m., mix the entire 238-gram bottle of MiraLAX (polyethylene glycol) with 64 ounces of Gatorade (or another sports drink/Pedialyte), do not mix with just plain water.
 - Have your child drink a full glass every 15 to 20 minutes until the entire mixture is gone.
 - It is important to have your child drink the entire amount within 6 hours.
- After drinking all of the MiraLAX (polyethylene glycol) mixture, give the bisacodyl
 - If your child is 5 to 12 years of age, give 1 bisacodyl tablet with a full glass of clear liquid.
 - If your child is older than 12 years of age, give 2 bisacodyl tablets with a full glass of clear liquid.
- Continue to have your child drink clear liquids up until midnight or bedtime.
- Your child's healthcare provider may give other instructions for a cleanout:

Day of the procedure

Have your child drink only clear liquids from the time your child is awake until 4 hours before the procedure.

4 hours before the procedure:

- Stop all clear liquids or breastmilk.
- Do not give your child anything to eat or drink at this time.
- You can give medicines up to 4 hours before the procedure.
- Tell your child's anesthesiologist which medicines your child has taken and which were not given.
- If your child has any special dietary needs, please talk to your child's nurse or doctor when you schedule the procedure.