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## Colonoscopy Cleanout Instructions (age 6-10 years)

### Please notify your doctor if you

1. Have a blood/bleeding disorder, heart condition, or immune system disease
2. Are taking blood-thinning medications or require antibiotics before a procedure

### Your child should start this prep 1 day prior to the procedure.

1. After you wake up, start a **FULL LIQUID** diet. (See attached diet sheet)
2. **At 10 AM:** Take 2 Ex-lax chocolate squares by mouth
3. **At 12 pm:** Mix 10 capfuls of Miralax (also known as polyethylene glycol, which comes in other brand names such as ClearLax, OsmoLax, GlycoLax, SoftLax, etc.) in 32 to 64 ounces of Gatorade or other clear liquid. Drink the entire amount in 4-6 hours.
4. **At 9 PM:** If your child does not have clear/watery stool by 9 pm, use 1 pediatric fleets enema.

You can expect your child to have frequent, liquid bowel movements, with mild cramping and bloating. The cleanout is critically important for this procedure. Miralax and Ex-lax are both available over the counter at the pharmacy.

5. **DO NOT** eat anything \_\_\_8\_\_\_ hours before the procedure.  
Can only have **CLEAR LIQUID** diet until \_\_\_2\_\_\_ hours before the scheduled procedure time.  
**NOTHING** is permitted by mouth 2 hours before the procedure.

### **Procedure Center Location:**

**Wake Endoscopy Center:**  
2601 Lake Drive, Ste 201,  
Raleigh, NC 27607  
Phone: 919 783 4888

**WakeMed Hospital:**  
3024 New Bern Ave,  
Ste #101, Andrews Center  
Raleigh, NC 27610  
Phone: 919 350 5318

Date: \_\_\_\_\_ Procedure time: \_\_\_\_\_ Arrival Time: \_\_\_\_\_

**Full Liquid Diet:**

The full liquid diet is often used as a step between a clear liquid diet and a regular diet. Following items can be considered for this diet:

Food Groups		
Group	Recommend	Avoid
<b>Milk &amp; milk products</b>	milk, milkshakes, eggnog, ice cream, custard, pudding	all cheeses
<b>Vegetables</b>	all vegetable juices	all raw or cooked vegetables
<b>Fruits</b>	all juice or nectar	all fresh, frozen, or canned fruit
<b>Bread &amp; grains</b>	cooked refined cereals; farina, grits, oatmeal, cream of rice, cream of wheat	all other cereals, all bread
<b>Meat or meat substitutes</b>	none	all
<b>Fats &amp; oils</b>	butter, margarine, cream	all others
<b>Sweets &amp; desserts</b>	sherbet, sugar, hard candy, plain gelatin, fruit ice, honey, syrups	all others
<b>Beverages</b>	all	none
<b>Soups</b>	broth, bouillon, strained creamed soups	all others

**Clear Liquid Diet:** A clear liquid diet helps maintain adequate hydration, provides some important electrolytes, such as sodium and potassium, and gives some energy at a time when a full diet isn't possible or recommended. The following items can be considered:

- Water
- Pop (non-caffeinated sodas)
- Fruit Juice you can see through (Apple, White Grape) without pulp
- Kool-Aid
- Strained lemonade or fruit punch
- Pedialyte
- PediaSure Sidekick Clear
- Gatorade, G-2, Powerade, and other similar sports drinks
- Popsicles
- Broth/Bouillon (without noodles)
- Jell-O
- Plain gelatin
- Honey
- Tea or coffee without milk or cream

**PLEASE AVOID RED AND ORANGE COLORS.**