
Colonoscopy Cleanout Instructions (age more than 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 2 days prior to the procedure.

1. First 24 Hours—Day 1: After lunch, start a **FULL LIQUID** diet. (See attached diet sheet)
2. Next 24 Hours—Day 2 (which is the day before procedure):
 - A. Start CLEAR LIQUID** diet (See attached diet sheet)
 - B. At 10 am:** Take 2 Dulcolax tablets by mouth
 - C. At 12 pm:** Mix 14 capfuls of Miralax (also known as polyethylene glycol, which comes in other brand names such as ClearLax, OsmoLax, GlycoLax, SoftLax, etc.) in 32-64 ounces of Gatorade or other clear liquid and drink the entire amount in 4-6 hours.
 - D. At 9 PM:** If your child does not have clear/watery stool by 9 pm, take 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 Dulcolax are both available over the counter at the pharmacy.

3. **DO NOT** eat anything ___8___ hours before the procedure.
May 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
Milk & milk products	milk, milkshakes, eggnog, ice cream, custard, pudding	all cheeses
Vegetables	all vegetable juices	all raw or cooked vegetables
Fruits	all juice or nectar	all fresh, frozen, or canned fruit
Bread & grains	cooked refined cereals; farina, grits, oatmeal, cream of rice, cream of wheat	all other cereals, all bread
Meat or meat substitutes	none	all
Fats & oils	butter, margarine, cream	all others
Sweets & desserts	sherbet, sugar, hard candy, plain gelatin, fruit ice, honey, syrups	all others
Beverages	all	none
Soups	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.