
Colonoscopy Cleanout Instructions (age less than 6 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 your child wakes up, start a **FULL LIQUID** diet. (See attached diet sheet)
2. **At 10 AM:** Take 1 Ex-lax chocolate squares by mouth
3. **At 12 pm:** Mix 6 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 Dulcolax suppository

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 |
| 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.