

The colon must be free of all stool for the doctor to adequately examine the entire lining of the colon. Preparation for a colonoscopy takes 48 hours. The procedure will need to be rescheduled if the bowel preparation is not successful in completely removing all stool.

- **Two days** before the procedure, your child will be on a **full fluid diet** (no solids).
- **One day** before the examination, your child is to be placed on a **clear liquid diet**. No milk, milk products, or solid foods allowed. Examples of clear liquids include: water, gatorade (G2 is only used for our DIABETIC children), apple juice, Kool-Aid, broth, pop and popsicles. It is preferable to not give tea, diet pop, or water because liquids with calories/sugar are more desirable.
- **No** Iron, Advil, Aspirin, Motrin, or Ibuprofen **1 week** before the procedure.
- **Dulcolax** (If ordered by Dr.) -----**every day for 2 Days** before procedure

A good clean out makes it more likely that you will give a comfortable, complete exam and that the doctor will see what he/she needs to. Follow these instructions closely for best results. No substitutions.

Getting Ready For Your Procedure:

3 days before your procedure:

Buy at a pharmacy:

- 4 litres Golytely OR Peglyte OR Colyte
- Take ---- mg Dulcolax

2 days before procedure:

- Dulcolax ---- mg
- Full Fluids only

1 day before procedure:

- Drink clear fluids only today. Drinking large amounts of mixed clear fluid helps to get your bowel clean and avoids dehydration. *Do not drink only water*
- Mix powdered preparation with water per directions on bottle and chill in the fridge.
- Between 7 a.m. and 10 a.m. drink two liters of the bowel prep solution within 2 hours—about 250 ml (8 oz.) glass every 10 minutes. Drinking it quickly makes it easier to tolerate.
- From 12 p.m. and 3 p.m. drink two liters of the bowel prep solution within 2 hours—about 250 ml (8 oz.) glass every 10 minutes. Drinking it quickly makes it easier to tolerate.
- Make sure you are near a toilet once you start drinking the bowel prep solution. It will start working within 1-4 hours. You can expect to have diarrhea or watery stools.

*If you feel sick during your prep, you may take Gravol 25 mg every 6 hours as needed.
Unless you have been told to avoid anti-nausea medications in the past.*

While this is difficult, it ensures that you get the best results from your test.

In order to have a clean bowel for the procedure, it is **important for your child** to drink plenty of clear liquids throughout the bowel clean out treatment. In general, patients should **drink at least 250-500 mls (1-2 glasses) of clear liquid** (water and/or Gatorade) **every ½ (half) hour until midnight, and for 2 hours after the bowel movements are clear & watery (similar to urine).**

If you are unable to drink the required fluids please call the GI Nurse ASAP 709-777-2219 as your child will need to be CANCELLED & RESCHEDULED if not appropriately cleaned out for the procedure & General Anesthetic!

- **IMPORTANTLY: Kool-Aid, broth, chewing gum, pop or popsicles are NOT allowed AFTER midnight prior to the colonoscopy.**
However:
- For patients scheduled for the **morning**: Water, Gatorade and/or Apple juice can be consumed **until 6 am**. Go to Surgical Day Care, 3rd Floor of the Janeway for 7:15 am.
- For patients scheduled for the **afternoon**: Water, Gatorade and/or Apple juice can be consumed **until 10 am**. Go to Surgical Day Care, 3rd Floor of the Janeway for 10:30 am.
- Girls over 12 years old must arrive with a full bladder or a urine sample; a urine test on the day of the procedure is an Eastern Health policy.

If you have any questions, please consult your Gastroenterology (GI) Doctor (709) 777- 4134 or GI Nurse at (709) 777-2219. The phone number for Surgical Day Care is (709) 777-4334.