

Colonoscopy: 1 Day Prep with MiraLax™

Your child has been scheduled for a colonoscopy at Children's Hospital of Wisconsin for (date) _____ at (time) _____ a.m./p.m.

- Day Surgery will call you 1 to 3 days before your procedure to let you what time you need to be at the hospital and go over when to stop eating and drinking.
- When you get to the hospital, stop at the Welcome Desk to get a badge and directions. Allow a few extra minutes to stop at the Welcome Desk in the morning.
- If you have questions or need to cancel the test, call your child's doctor or nurse at the GI Clinic at (414) 266-3690. If you have questions concerning the time of the test or your child's health **on the day of the test**, please call Day Surgery at (414) 266-3536.

What is a colonoscopy?

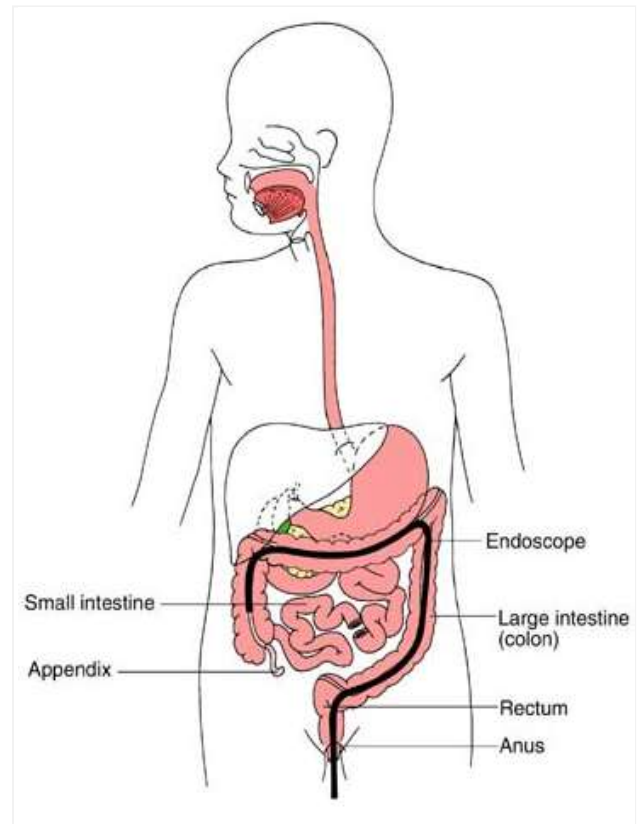
A colonoscopy is a test that looks inside your child's colon or large intestine. A flexible tube with a light and tiny camera is put in through the rectum and into the colon to look for abnormal growths or inflamed tissue. A small tissue sample called a biopsy may be taken during the procedure.

What needs to be done before the test?

- Your child will need to cleanout (empty) the bowel before the test. The directions for the cleanout are listed on the back of this form.
- It is very important that you follow these directions. **If your child eats or drinks anything after they are supposed to, the colonoscopy may be cancelled.** Stool can block the camera. This means the doctor will not be able to see the bowels.

What is okay to use as a clear liquid?

- White grape juice
- Water
- Gatorade
- **No milk, formula or dairy products.**
- **No red or purple colored liquids. These can stain the colon and make it look bloody.**
- Jell-O®
- Popsicle®
- Kool-aid®
- Apple juice
- Tea



	This bowel prep is done the day before the colonoscopy test.
Supplies that are needed.	<ul style="list-style-type: none"> • MiraLax (Polyethylene Glycol) 255/238 gram bottle. • 64 ounces of Gatorade or Powerade to mix the MiraLax in. No red or purple colored liquids are allowed.
What to do the day before the test.	<ul style="list-style-type: none"> • Your child may have a light breakfast and a light lunch by 12 noon the day before the test. • After lunch, mix the whole bottle of MiraLax in 64 ounces of Gatorade/Powerade. • Some children like the mixture very cold or slushy from freezing it. • Have your child drink 1 cup of the mix every 15-30 minutes until it is gone. Your child will start to have loose stools so be prepared to be close to the bathroom. Cramping may occur. • When the stools are clear and watery for 2 times, the clean out is done. Your child can now drink only clear fluids. • Once your child's clean out is done offer some clear liquid every 30 to 45 minutes until bedtime. This will lessen the hunger and keep your child hydrated.
Helping your child prepare for the cleanout.	<ul style="list-style-type: none"> • Talk with your child ahead of time. Make a plan that will help your child be successful. • A favorite game or activity can be used with both of you creating new rules. Try to have your child take a drink before taking a turn or during a TV commercial. • Use a simple sticker chart and small cups to track drinking progress.
What if the clean out is not working?	<ul style="list-style-type: none"> • If your child has not started to have loose stools by 6:00 PM call (414) 266-2000 and ask to have the GI Fellow paged. • If your child isn't able to do the clean out at home, your child may need to come into the hospital for the clean out. This may include an IV and enemas and a tube put down the nose to give the liquids.
On the day of the test.	<ul style="list-style-type: none"> • You will be given specific instructions from the Day Surgery nurse about when to stop eating and drinking before the procedure.
Before you go home.	<ul style="list-style-type: none"> • Your child will need to be awake and able to take some fluids before going home after the procedure. • You will need to plan to have an adult watch for any problems for 24 hours after the procedure.

ALERT: Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

This teaching sheet is meant to help you care for your child. It does not take the place of medical care. Talk with your healthcare providers for diagnosis, treatment, or follow-up.