GI For Kids

Pediatric Gastroenterology and Nutrition Services
Excellent Care Every Time
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Colonoscopy Prep Ages 10 and up
East Tennessee Children's Hospital

Prep Date: **Procedure Date:**

It is very important to make sure that your child drinks plenty of fluids and does not become dehydrated. Signs of dehydration include: a dry sticky mouth, decreased urine output (little or no urine output for 8 hours) or dark urine, dizziness or lightheadedness, lethargy or decreased energy or playfulness, or lack of tears. If you think your child is becoming dehydrated, please call your doctor or go to the emergency room.

If your child is sick or has a fever within 24 hours of the time of his/her procedure, please notify our office immediately.

All lab work ordered must be completed and resulted before the procedure to avoid the possibly of rescheduling.

East Tennessee Children's Hospital is located at 2018 W Clinch Ave, Knoxville TN 37916 and you will park in garage B. The Outpatient Surgery Department will call you between 4:00 PM and 8:00 PM on the day before the procedure to let you know when you should arrive in the morning for the procedure. If you have not received a call by 8:00 PM, call 541-8402 and ask what time you should be there for the procedure.

FOLLOW THESE DIRECTIONS **THE DAY BEFORE** YOUR PROCEDURE:

Step One:
Your child may have only clear liquids on the day before the procedure. Clear liquids (you should be able to see light through it) include: Pedialyte, Gatorade, Powerade, light colored juices, tea, clear carbonated drinks, clear broth, bouillon, Jell-O and Popsicles. NO RED fluids should be given. There is no limit to the amount of clear liquids your child may have and we encourage you to offer plenty of fluids to ensure that your child does not become dehydrated.

Step Two:
- At 8:00 AM have your child drink 4 ounces of Magnesium Citrate (over the counter) followed by 6 ounces of Pedialyte, Gatorade, or Powerade.

Step Three:
- At 9:00 AM have your child take 2 tablets of Dulcolax (5mg laxative) with 8 ounces of Gatorade of Powerade.

Step Four:
- At 10:00 AM mix 15 capfuls of Miralax with 32 ounces of Pedialyte, Gatorade, or Powerade. Allow your child to drink this until finished over the next 3 hours. Mixing capfuls into different flavors/beverages may be helpful to your child. Mixing in warm liquid may help it dissolve better.

At 12:00 PM: If your child is not tolerating the prep, please call the office for further instructions.

Step Five:
- At 6:00 PM have your child drink 4 ounces of Magnesium Citrate (over the counter) followed by 6 ounces of Pedialyte, Gatorade, or Powerade.

Step Six:
- At 7:00 PM have your child take 2 tablets of Dulcolax (5mg laxative) with 8 ounces of Gatorade of Powerade.

At 10:00 PM: If your child still does not have clear watery diarrhea then repeat Step Five.

YOUR CHILD CANNOT HAVE ANYTHING TO EAT OR DRINK AFTER MIDNIGHT UNLESS OTHERWISE DIRECTED BY THE SURGERY DEPARTMENT.