



Colonoscopy home instructions

1-8 years old

Patient name _____ is scheduled for a colonoscopy on

Date: _____

You will be called the day before with your arrival time. Please be on the lookout for the call.

Location: Children's Hospital 200 Henry Clay Avenue 2nd floor of the pavilion

Please note that your arrival time is necessary to ensure that your child is prepped and ready for the actual procedure time. Arrival after this time may require us to have to reschedule the procedure for another day.

Colonoscopy

Your health care provider has decided that your child should have a colonoscopy, which is a test that allows the doctor to look inside the colon (also called the large intestine or bowel). This will help them to better understand and treat your child's problem.

Medications are given to your child to keep him/her comfortable during the colonoscopy. General anesthesia will be administered by a pediatric anesthesiologist. The procedure is performed with a long flexible tube, about the width of a finger, called a colonoscope. It has a camera at the tip, which allows the doctor to view the inside of the colon on a video screen. It is put in through the rectum and into the colon. Small pieces of tissue, called biopsies, are taken through the colonoscope and sent for examination in the laboratory. These results are available in approximately one week.

Your child will change into a hospital gown and begin the process to undergo anesthesia. Once ready for the procedure, our endoscopy nurse and anesthesia team will bring your child back to the procedure room. If your child has a favorite toy or blanket, you may bring it for a source of comfort. Also bring any medication your child takes.



Children's Hospital
New Orleans
LCMC Health

Preparing for Colonoscopy

Preparation for your child's procedure is very important. If the preparation is inadequate, then the procedure will have to be postponed for a later date so please follow the instructions carefully.

Diet prior to the procedure

Please have your child follow these diet instructions:

- Only **clear liquids** for 24 hours prior to the procedure.
- Four (4) hours before arrival time: STOP all clear liquids.
- **Clear liquids allowed:**
 - Anything that you can see through. For example, broth, water, clear soft drinks, KoolAid, Gatorade/Powerade, apple and other juice without pulp, Pedialyte, popsicles, jello without fruit. NO RED liquids.

Not allowed:

Milk, ice cream, orange juice, chewing gum, candy, mints

Bowel cleanout options (provider will choose one)

Your child should have the following type of bowel preparation for the procedure based on his/her age.

Option 1

Magnesium Citrate: buy 2 lemon-lime bottles, over the counter at your local pharmacy

Start bowel prep at 2:00pm the day before the procedure. Your child should drink _____ oz of Magnesium Citrate. See the table below. The amount may vary depending on the size of your child.

1 year old	1 oz of Magnesium Citrate mixed with 1 oz of Sprite
2 years old	2 oz of Magnesium Citrate mixed with 2 oz of Sprite
3 years old	3 oz of Magnesium Citrate mixed with 3 oz of Sprite
4 years old	4 oz of Magnesium Citrate mixed with 4 oz of Sprite
5 years old	5 oz of Magnesium Citrate mixed with 5 oz of Sprite
6 years old	6 oz of Magnesium Citrate mixed with 6 oz of Sprite
7 years old	7 oz of Magnesium Citrate mixed with 7 oz of Sprite
8 years old	8 oz of Magnesium Citrate mixed with 8 oz of Sprite

- Mix the Magnesium Citrate 1:1 with lemon lime flavored soda like Sprite. For example, if your child needs 2 oz of Magnesium Citrate, mix it with 2 oz of soda.
- Place the mixture on ice and make sure that it is cold before your child drinks it.
- At 7 pm, please give them a second dose of Magnesium Citrate mixed with Sprite. The amount is the same as the first dose.

Dulcolax tablet or suppository (both are over-the-counter)

- Give 1 tablet of Dulcolax 5mg at _____ am/pm. May be crushed
- Give your child half (1/2) Dulcolax Suppository for **ages one to three** at 7 pm the night before the procedure.
- On the morning of the procedure, give your child half (1/2) Dulcolax suppository at _____ am.
- One (1) Dulcolax Suppository for ages four to eight at 7:00pm the night before the procedure
- On the morning of the procedure, give your child one (1) Dulcolax suppository at _____ am.

or

Option 2

Polyethylene Glycol (Miralax): over the counter (generic is fine) or insurance may cover it

- Mix 4 to 6 capfuls of polyethylene glycol powder into 32 ounces of juice, water or sports drink (but not purple or red). You can put the powder into the drink bottle, close the cap and shake well. It tastes better cold, so you may want to chill it in the refrigerator.

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- At 2 pm, give 6–8 ounces of the mixture to your child every 15–30 minutes until it is gone (or until your child's stools become watery and tea colored).
- If after drinking all 32 ounces of the polyethylene glycol mixture, your child does not have watery tea-colored stools by 7 pm, repeat these steps until the child does.

Dulcolax oral or suppository (both over the counter)

- Give 1 tablet of Dulcolax(5mg) at _____am/pm. It may be crushed
- Give your child half (1/2) Dulcolax suppository for **ages one to three** at 7 pm the night before the procedure.
- On the morning of the procedure, give your child half (1/2) Dulcolax suppository at _____am.
- One (1) Dulcolax Suppository for **ages four to eight** at 7 pm the night before the procedure
- On the morning of the procedure, give your child one (1) Dulcolax suppository at _____am.

These instructions are crucial for your child's safety and are therefore very strict. Failure to follow them will result in your child's procedure being cancelled and rescheduled for another date. To avoid problems, if you have questions about the preparation, please call (504) 896-9534 #2 and ask to speak with your physician's nurse or send a message through MyChart.

If your child is taking any prescribed medications or has a history of heart problems, infections, diabetes, seizures, asthma, bleeding problems or allergies, please make sure your doctor is aware of this BEFORE the procedure as you may need to get official clearance in advance.

Daily medications

You can give regular medicines in the morning with a few sips of water or other clear liquid, but NOTHING ELSE by mouth less than 4 hours before the procedure. Inhalers for asthma should be given at the usual time.

During your child's procedure

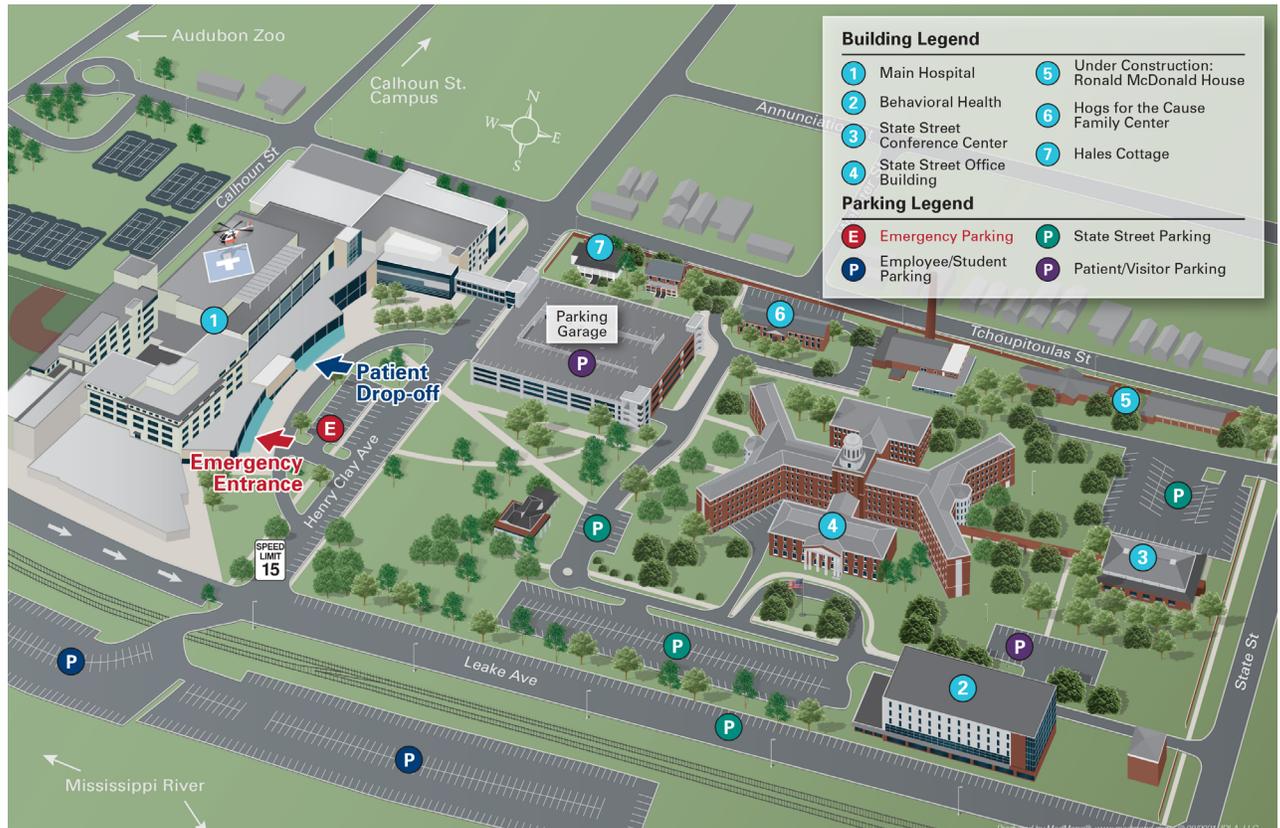
The actual procedure will take about 30 minutes to 1 hour, and then your child will go to Recovery for about an hour, so plan on being at the hospital for a total of 3–4 hours. While your child is in the procedure, we ask that you remain close by in the waiting room without leaving so that your child's physician may speak with you about the procedure as soon as it is completed.

Cancellation and rescheduling

Because colonoscopy schedules are limited, if you need to cancel or reschedule, we ask that you let us know at least one week in advance by calling (504) 896-9534 #2 so that another child needing this procedure may be worked into that appointment time. Thank you for understanding.

Finding your way once you arrive at Children's Hospital New Orleans.

Park in the parking garage across Henry Clay Avenue. Take the skybridge from the garage to the hospital. Stay on this level and take a left at Surgery Services. They will check you in. Please bring only one other adult and no children, except the patient. All patients are Covid tested.



Post procedure home instructions

Once your child has had a colonoscopy, they will be brought to the Recovery Area to begin to wake up from the anesthesia. This permits observation of recovery from the procedure and the sedation. Your child will then be returned to their Short Stay room or their hospital room if they are a hospital patient. They should remain in bed until completely awake and alert. The nurses will assess your child and decide when they are ready to go home. The IV will be removed after they are able to drink clear liquids without difficulty. They may now have a regular diet and can be discharged.

After the procedure, there may be some abdominal discomfort, such as gas, from air used to inflate the intestine. If a biopsy was taken or a polyp removed, a small amount of blood may be seen in their stool.

Please call the doctor immediately if your child has any fever, extreme abdominal pain, or a large amount of rectal bleeding.

GI Office: 504.896.9534 #2

After Hours: Call the hospital operator at 504.899.9511 and ask to speak to the on-call GI physician.