

Doernbecher Children's Hospital

Colonoscopy Prep Instructions

Doernbecher Children's Hospital

Pediatric Gastroenterology

700 S.W. Campus Drive

Portland, OR 97239

Phone: 503 494-1078

Procedure date: _____ **Arrival time:** _____

Approximate procedure time: _____

The procedure

A colonoscopy is a test that allows your doctor to see the inside of the rectum, large intestine (colon) and lower end of the small intestine. A high-quality video chip works as a camera to send pictures through a soft, bendable tube (colonoscope). As the colonoscope is gently passed through the colon, the picture is shown on a small TV screen that allows the doctor to see changes that can't be seen in other tests. During the test, the doctor will remove small tissue samples for microscopic analysis (biopsy). If there are any small growths (polyps), the doctor will remove these as well (polypectomy).

In order to make this test as comfortable as possible, colonoscopies are done with deep sedation, which will allow you to sleep through the test.

For more information about colonoscopy, visit www.gikids.org.

Bowel preparation

For an excellent and safe examination, the colon must be completely empty of stool — squeaky clean! The preparation will cause diarrhea; stools should be **clear**

and watery. This is done in order to see the bowel lining well for biopsy or polyp removal. Some children have some abdominal cramping or may feel nauseated during the prep.

What you will need

- 238-gram bottle of MiraLAX® powder (over-the-counter). One capful equals 17 grams.
- Chocolate Ex-lax squares (over-the-counter)
- Dulcolax® or glycerin suppositories (over-the-counter)
- Clear liquids (no red colors)

For questions about morning medications, call the prep clinic at 503 418-5300.

If your child has a cold, cough or fever prior to this procedure, please call our office 1–2 days before the scheduled appointment so we can determine if the procedure needs to be rescheduled. We may then offer the slot to another waiting child and family.

| 10 days prior to procedure | |
|---|---|
| <p>Date:</p> | <p>Do not take aspirin, ibuprofen (Advil®), naprosyn or Aleve® unless instructed to do so by your cardiologist or doctor managing a shunt in your body.</p> <p>If you take heparin (Lovenox®) or aspirin for a heart/vascular condition or shunt, discuss with your doctor and the GI provider.</p> |
| 2 days prior to procedure | |
| <p>Date:</p> <ul style="list-style-type: none"> • At 5 p.m., begin CLEAR LIQUID DIET (NO SOLID FOOD. See pg. 3 for suggestions.) • START LAXATIVES | <p>5 p.m.: First take _____ Ex-lax square(s) orally.</p> <p>Next take _____ capful(s) of MiraLax in _____ oz of Gatorade every 30 minutes for _____ doses.</p> <p>* Mixing MiraLAX in Gatorade or equivalent is recommended for improved electrolyte balance during the prep.</p> |
| 1 day prior to procedure | |
| <p>Date:</p> <ul style="list-style-type: none"> • CLEAR LIQUIDS DIET • *NOTHING RED IN COLOR* • NO SOLID FOOD • CONTINUE LAXATIVES | <p>CLEAR LIQUIDS ONLY</p> <p>8 a.m.: Take _____ Ex-Lax® square(s) orally, once.</p> <p>9 a.m.: Take _____ capful(s) of MiraLAX® in _____ oz of Gatorade every 30 minutes for _____ doses orally.</p> <p>If stools are not clear by 5 p.m.:</p> <ul style="list-style-type: none"> • Give (per rectum) a _____ suppository to stimulate bowel movement. |
| Day of procedure | |
| <p>Date:</p> <ul style="list-style-type: none"> • CLEAR LIQUID DIET • CONTINUE CLEAR LIQUIDS UNTIL 2 HOURS PRIOR TO ARRIVAL | <p>CLEAR LIQUIDS ONLY</p> <p>2 hours prior to arrival: Stop everything by mouth including gum or candy.</p> <p>If your child does not follow these instructions, we will have to cancel the procedure for safety.</p> |



Clear liquid diet — NO RED COLORS

- Sports drinks contain important salt replacement: Gatorade, All-Sport, Powerade
- Popsicles (without milk or added fruit pieces; Pedialyte makes a great popsicle with important salt replacement)
- Clear juice (apple, white grape)
- Gelatin (Jell-O)

Pediasure CLEAR, Ensure CLEAR, and broth (clear, fat-free, canned) are okay to drink **until MIDNIGHT the night prior to the procedure.**

The day of the procedure

Please be on time: 90 minutes before the procedure.

If you are late, we may need to cancel.

If you need to cancel the procedure the day of or the evening before you are scheduled, please call **503 418-5300** and leave a message including your child's name and date of birth, what procedure is scheduled and the reason for cancelling.

Insurance

Please bring your insurance card with you. As a courtesy, our office will contact your insurance company to get authorization for the procedure; however, this is not a guarantee of payment. It is your responsibility to be sure your insurance covers the cost of the procedure

Please be aware that only previously arranged and insurance-approved procedures will be done. We are unable to complete additional procedures that have not been scheduled.

Check-in

Register at the admitting desk on the lobby level (by Starbucks) of Doernbecher Children's Hospital.

After registration, go to the procedure area, 8th floor of Doernbecher (maple leaf).

A nurse or certified medical assistant will put a gown on your child, obtain weight and vital signs and gather information.

Your child may be given medication to allow him or her to relax. Your anesthesiologist will speak with you about the sedation plan. The GI doctor performing the procedure will obtain consent, if needed. Just prior to the procedure, your child will be taken to the procedure room.

Time

The procedure time is less than 30 minutes for an upper endoscopy and about 45 minutes for a colonoscopy. Your child will return from the procedure to the recovery area. The time from arrival to departure from Doernbecher is about 4-5 hours. Biopsy results take up to 10 days; we will notify you when they are available.

Please sign up for MyChart for faster results (www.ohsuhealth.com/mychart).

After the procedure

We apologize that we may not be able to answer all of your questions due to time limitations on procedure day; however, we will be happy to schedule a follow-up visit to address your concerns.

Some children may vomit once or twice following the procedure. If the vomiting persists for more than 4 to 6 hours, contact our office.

Please contact our **Pediatric Gastroenterology Office** at **503 494-1078** or toll-free at **888 222-6478** if you need any further information.

For safety, your child will need to be accompanied by and driven home by an adult.