

Pediatric Colonoscopy Prep FAQ

Preparing for a Colonoscopy

Purchasing Prep Supplies

Supplies are also available for purchase at most major retailers (Target, Walmart, Walgreens, CVS, Hy-Vee, Cub Foods, etc.)

Shopping Tips:

- Double check your **Dulcolax** (bisacodyl) is a laxative in pill form. Suppositories and/or stool softeners are not acceptable substitutes.
 - If unable to take medication by mouth, call MNGI at 612-871-1145
- It's easiest to purchase the 8.3oz size of **MiraLAX**. If you have a larger container, you'll need:
 - **Full Prep Instructions:** use 14 capfuls (measured up to the line inside the cap) in your MiraLAX/Gatorade mixture.
 - **Half Prep Instructions:** use 7 capfuls (measured up to the line inside the cap) in your MiraLax/Gatorade mixture.
- **(18 and older) Simethicone** is available in many forms, including chewable, softgels, tablets and liquid. Any form is acceptable. Purchase enough simethicone to take 240-250mg.

The standard prep using MiraLAX + Gatorade is one of our easiest and most affordable options, even for those who have had bowel resections or diabetes.

Completing your Colonoscopy Prep

Stop iron + fiber supplementation 7 days before your procedure. Both can interfere with the quality of your prep. If you forgot or are unable to stop these supplements due to a medical condition, please call our office to discuss.

Colon emptying tips

- Encourage plenty of fluids to prevent dehydration. Offer clear liquids often.
- Plan to stay close to a toilet as the patient will have frequent, loose stools (diarrhea)
- Even if the patient is sitting on the toilet, continue drinking the mixture every 15 minutes
- If the patient feels nauseas or vomits, have them rinse their mouth with water, take a short break (15-30minutes), then restart as directed
- If the patient has had nausea or vomiting with previous colonoscopy preps or if you think they will have an issue, start earlier and go slower with the prep. For example, start prep at 3:00pm and drink the mixture every 20-30 minutes.
- They may be uncomfortable until the stool has emptied from their colon (in about 2-4 hours).
- They may feel cold or have chills.
- Allow extra time to get to the procedure as you may need to **STOP** for a restroom along the way. You may want them to wear disposable underwear.

If your prep instructs you to take Magnesium itrate Make sure yours is clear – there should be no red coloring or white particulate in your solution.

- If you're using the powder packet version, make sure to mix in a glass container. Mixing in a plastic cup may interfere with proper mixing and dissolving. Mixing with a lemon-lime drink will help the taste of Magnesium Citrate.
- *Milk of magnesia* is not a substitute for magnesium citrate.

Electrolyte Beverages

An electrolyte beverage is an important component of a successful cleanout in preparation for your procedure. MNGI recommends using one of the following during your colonoscopy prep:

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| Gatorade | Powerade | Pedialyte | Liquid IV | Propel |
|-----------------|-----------------|------------------|------------------|---------------|

Other electrolyte drinks, such as Nuun or LMNT, can contain higher levels of sodium and/or magnesium and **are not recommended** for use in high volumes.

Drinking clear liquids to stay hydrated throughout the day is encouraged; however, the MiraLAX mixture needs to have electrolyte in it. Do not mix with only water. See your prep instructions for more details.

Experiencing Nausea is possible while prepping for a colonoscopy.

- If the patient has had nausea or vomiting with previous colonoscopy preps or if you think they will have an issue, start earlier and go slower with the prep. For example, if prepping from 4-6pm, start prep at 3:00pm and drink the mixture every 20-30 minutes.
- If you are still experiencing nausea, call our office to speak with a nurse.

Clear Liquids

- A clear liquid is anything you can see through
- Avoid any clear liquid that is red
- One 8 fl. Oz. cup of dark soda, black coffee or tea each day is okay
- Do NOT put milk, cream or honey in clear liquids
- Visit <https://www.mngi.com/conditions/clear-liquid-diet> for additional information + suggestions

Am I cleaned out enough?

Bowel movements should be clear, yellow or tea colored towards the end of the prep, and you should be able to see to the bottom of the toilet. If you're not able to, please call our office to speak with a nurse.



Clear/Yellow

Tea Colored

Brown

Modifying Prep Regimens

Modifying Prep Regimens

The clean out sent to you was recommended based on your age and medical history. It's important to complete as prescribed in its entirety. If you have additional concerns, you can reach out to one of our pediatric nurses. **If your child has a feeding tube, please call our office and ask to speak with a pediatric nurse.**

Adjusting prep timeframes

- Dulcolax/Ex-Lax Chocolate Squares can be taken between 10am and 2pm as long as MiraLAX mixture is consumed 4 hours after taking Dulcolax/Ex-Lax Chocolate Squares.
- It is okay to extend the time it takes to drink prep as long as it is finished before 8pm.