

Pediatric Colonoscopy with Miralax and Gatorade (Full Prep)

Colonoscopy Preparation Timeline

Check boxes as you progress!



21 Days Before or ASAP: Purchase the items for Full Prep*

*We recommend purchasing a Prep Kit from MNGI Digestive Health. You can scan the QR code or visit <https://www.mngi.com/colonoscopy-prep-kits>

Gatorade and Ex-Lax Chocolate are not included in the prep kit and needs to be purchased separately.



Or... the individual items can be purchased at your local pharmacy:

- Two (2) Bisacodyl Tablets OR 2 – 15mg Ex-Lax Chocolate Squares (Dulcolax® laxative, **NOT** Dulcolax® stool softener) two (2) tablets contains 5 mg of bisacodyl
- One (1) 8.3-ounce bottle of Polyethylene Glycol (PEG) 3350 Powder (MiraLAX, SmoothLAX, ClearLAX, or generic equivalent)
- 64oz Gatorade/Powerade or approved electrolyte beverage (**NO** red flavors)



7 Days Before:

- STOP** taking fiber and iron supplements. This includes multivitamins with iron, Metamucil® and Fibercon®.



3 Days Before:

- Begin low-fiber diet (10-15g/day.) **AVOID** seeds, nuts, popcorn, corn, whole grains, quinoa, fruit, etc.

For additional details on following a low fiber diet, please visit www.mngi.com/conditions/low-fiber-diet



NEXT PAGE >



1 Day Before:

- ❑ No solid food. Only a clear liquid diet. **NO** alcohol, red liquids, dairy, oils, pulp, etc.

For additional details on following a clear liquid diet, please visit

<https://www.mngi.com/conditions/clear-liquid-diet>

- ❑ At **8 AM**, take two (2) Bisacodyl (Dulcolax®) tablets **OR** two (2) 15mg Ex-Lax chocolate squares
- ❑ Mix 1 bottle of MiraLAX with 64oz of Gatorade/Powerade or approved electrolyte beverage (a minimum of 56oz of electrolyte beverage should be used to mix MiraLAX. Up to 8oz of water can be added to achieve the desired 64oz).
- ❑ Between **12-2 PM**, drink MiraLAX-Gatorade mixture (~one 8oz glass every 15min).
- ❑ Continue drinking 8 oz glasses every 15 minutes until the mixture is gone.

8 AM

2 Bisacodyl
or 2 Ex-Lax
Squares



Between 12-2PM



Continue drinking 8 oz.
glasses every 15 minutes



**If the patient's schedule does not allow them to drink the prep between 12-2 PM (for example, due to school or work), they may adjust the timing by taking Dulcolax or Ex-Lax at 10 AM and drinking the MiraLAX-Gatorade mixture between 4-6 PM.*

Continue clear liquid diet ONLY



Day of Procedure (Continues on next page):

- ❑ Continue clear liquid diet **ONLY**.
- ❑ Your child can take morning medications with sips of water **at least 3 hours prior** to your procedure.
 - This includes heart and blood pressure medications, blood thinners (if you have not been told to stop these by our office), methadone, and anti-seizure medications.
 - DO NOT take any chewable vitamins or supplements.
- ❑ **DO NOT** use chewing tobacco, THC, Marijuana, or illicit drugs.

NEXT PAGE



Day of Procedure (Continued)



3 Hours Before:

▣ **STOP** consuming all liquids. **NOTHING BY MOUTH** until after the colonoscopy.

If you have questions, contact our office at 612-871-1145.

Your child is ready for the exam, if they followed all instructions and their stool is no longer formed but clear, yellow, or tea colored liquid. If you are unsure whether your child's colon is clean, please call our office at 612- 871-1145 before you leave for your appointment.



Additional Information:

- **Medication Adjustments:** If taking **GLP-1 agonists** (Ozempic, Weygovy, Trulicity, Rybelsus, Saxenda, Byetta, or others) or **SGLT-2 inhibitors** (Invokana, Farxiga, Jardiance, Steglatro) follow specific holding guidelines. <https://www.mngi.com/colonoscopy-info>
- **Colon Cleansing Tips:** Stay well hydrated, remain near a toilet, and continue drinking the prep solution every 15 minutes. You may want to keep the solution chilled but do not add ice. You may also consider using a straw.
- **Appointment Changes:** If you are having symptoms of a cold or flu (such as fever, cough, shortness of breath) within 14 days of your appointment please call to reschedule. If you have any newly diagnosed medical conditions (like diverticulitis, heart problems, breathing problems), please call our office. If you need to cancel or reschedule for any other reason, call 612-871-1145 at least 72 hours prior to your appointment.
- **Responsible Person Requirement:** Ensure a parent or legal guardian will be available on the day of the procedure. If they are not available, the procedure will be canceled. Make plans to be with your child or have another trusted adult present for 12 hours after the procedure.
- **Questions?** For answers to frequently asked questions about your colonoscopy prep and visit, you can go to <https://www.mngi.com/colonoscopy-faqs>