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Colonoscopy Preparation

Your Child has been scheduled for a Colonoscopy _____ at _____ at the **Ambulatory Surgery Center Located at 1 Diamond Hill Rd, Berkeley Heights, NJ Bensley Pavilion 3rd floor**. You must arrive at _____ one (1) Hour prior to the procedure. Please register on the third floor of the ASC. Following are the preparation instructions for this procedure. **These instructions must be followed to ensure the colon is completely clean.**

PURCHASE:

1. Dulcolax (Bisacodyl) 5 mg tablets or Ex-Lax (Sennosides) chocolate stimulant laxative 15 mg
2. MiraLAX Powder 8.3 oz. (238 g) (over the counter)
3. Gatorade or Powerade -64-ounce bottle (**Do Not Purchase BLUE, RED, PURPLE, ORANGE**)

THE DAY PRIOR TO YOUR CHILD'S PROCEDURE, DO THE FOLLOWING:

The day before the procedure your child will be on a completely clear liquid diet (see Examples below)

At **8:00 AM** the day before your child's procedure, have them take what is highlighted below

- ☐ < 33 lbs.: No Dulcolax
- ☐ 33 to 66 lbs.: Dulcolax 1 (5mg) tablet or Ex-Lax 5 chocolate pieces 15 mg
- ☐ > 66 lbs.: Dulcolax 2 (5mg each) tablet

Mix in a pitcher the amount highlighted below and chill in the refrigerator.

- ☐ < 33 lbs.: 4 capfuls of MiraLAX in 18 Oz. of Gatorade or Powerade
- ☐ 33 to 66 lbs.: 7 capfuls of MiraLAX (about half the bottle) in 32 Oz. (1L) of Gatorade or Powerade
- ☐ > 66 lbs.: the entire bottle of MiraLAX about 14 capfuls in 64 Oz. of Gatorade or Powerade

Begin taking the MiraLAX prep at **12 Noon**. Your child should finish half the pitcher over 3 hours. At **5:00 pm** begin taking the other half of the pitcher, again finishing it over 3 hours. By this time your child should be passing loose to watery stool (Clear or Yellow in Color)

THE DAY OF YOUR CHILD'S COLONOSCOPY, DO THE FOLLOWING:

Take only essential medications with a small amount of water.

Please **DO NOT** have anything to eat or drink after _____ (**4 HOURS**) prior to the procedure

Report to the procedure location one (1) Hour prior to procedure time.

ONLY THESE FOODS ARE ALLOWED THE DAY PRIOR TO THE COLONOSCOPY:

Water, tea, and clear juices

Clear bouillon or broth

Italian ices, popsicles, Jell-o (**Do Not Purchase BLUE, RED, PURPLE, ORANGE**)

DO NOT EAT ANY SOLID FOODS, MILK OR MILK PRODUCTS, JUICES WITH PULP OR LIQUIDS THAT ARE RED OR PURPLE IN COLOR.

****THERE MAY BE A FEE APPLIED TO LAST MINUTE APPOINTMENT CANCELLATION. PLEASE CALL THE OFFICE DURING BUSINESS HOURS (NOT THE ANSWERING SERVICE) MONDAY THROUGH FRIDAY 8:30 AM TO 5:00 PM.**