

# Colonoscopy Prep (ages 10 and older):

## WHAT YOU NEED:

- One large bottle of **polyethylene glycol 3350**. The most common brand is MiraLAX® but ClearLAX, Powderlax, etc. are examples of generic store brands.
- One package of **senna** of your choice. Senna comes in tablets, chocolate squares, and tea. If you need a liquid formulation, ask the GI clinic for a prescription.



EXAMPLES OF POLYETHYLENE GLYCOL 3350 PRODUCTS



EXAMPLES OF SENNA PRODUCTS

## HOW TO USE MiraLAX®:

- MiraLAX is a stool softener for children ages 6 months and older. It works by bringing more water into the colon and softening the stool, making it easier to pass.
- MiraLAX comes in a powder that is mixed in clear liquid.
- **One dose** = 1 capful of powder + 8 ounces (1 cup) of one of the following clear liquids:

- |                   |              |                                       |
|-------------------|--------------|---------------------------------------|
| • Water           | • Popsicles  | • Sprite®                             |
| • Flavored water  | • Gatorade®  | • Starry                              |
| • Jell-O® gelatin | • Powerade®  | • Apple juice                         |
| • Slushies        | • Pedialyte® | • White grape juice                   |
| • Icee®           | • Kool-Aid®  | • Chicken bouillon cubes (not canned) |



## AVOID:

- All solid foods
- Milk or dairy products
- Red- or purple-colored liquids
- Orange juice or juice with pulp
- Gatorade "Recovery" brand, which contains whey protein that should be avoided during prep

The goal of the bowel prep is clear stool from your child's intestine so we can safely see and navigate during the procedure.

- During the prep your child's stool should become light yellow to clear in color.
- It is important that your child stays hydrated while doing their prep. Encourage extra clear liquids!
- Poor bowel prep will result in canceling or rescheduling the procedure.

LEARN MORE



## PLEASE FOLLOW THIS SCHEDULE

### At 8 a.m. (one day before procedure)

- Begin clear liquid diet (see list of acceptable clear liquids). **No solid food should be eaten.**
- Your child can have as much clear liquid as they want – **this is important to help keep your child hydrated.**
- Give 15-17 mg of senna (two tablets, 1 chocolate square, 1 cup of tea, etc.)
- Give one dose of MiraLAX

### Next: Give one dose of MiraLAX each hour as scheduled below

- |                                  |   |
|----------------------------------|---|
| <input type="checkbox"/> 9 a.m.  | <input type="checkbox"/> 2 p.m.<br>Please call GI Procedure at 816-234-3704 if your child has not yet passed stool. |
| <input type="checkbox"/> 10 a.m. |   |
| <input type="checkbox"/> 11 a.m. |   |
| <input type="checkbox"/> 12 p.m. | <input type="checkbox"/> 3 p.m.   |
| <input type="checkbox"/> 1 p.m.  | <input type="checkbox"/> 4 p.m.   |
|                                  | <input type="checkbox"/> 5 p.m.   |

If your child's stools are clear or light yellow, they are ready for their procedure.

**If stools are not clear or light yellow continue giving more hourly doses of MiraLAX.**

## ADDITIONAL INFORMATION

If you have questions, call 816-234-3000 and ask for the GI doctor on call for recommendations.



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