



Bowel Prep Instructions

What you will need:

- One (1) bottle of Miralax® or Glycolax® powder (238 grams)
- One (1) box of chocolate Ex-Lax squares®
- 64 ounces of Gatorade®
- Lots of other clear fluids

Clear Fluids*

- Gatorade®, Pedialyte®, Sprite®, ginger ale, apple juice, water, popsicles without fruit, white grape juice, sweet tea, Italian ice, etc.

***Please avoid any red clear fluids**

Day before the Colonoscopy:

- Your child may eat a normal breakfast and then a light lunch before 12:00 pm
- **No food is allowed after 12:00 pm.**
- Your child **may only have clear fluids** from now at 12:00 pm until two (2) hours before the procedure tomorrow.
- Give your child lots of clear fluids to drink throughout the day

Follow These Steps:

- a. At 10:00 am **mix** 8 capfuls of Miralax powder into the 64 ounces of Gatorade® and refrigerate
- b. At 11:00 am give your child two (2) chocolate Ex-Lax squares®
- c. At 12:00 pm give your child one (1) 8oz cup of the Gatorade® mix and repeat every hour until finished

What to expect:

- Stools should become watery and clear by evening

- If stools are not clear by 6:00 pm give one (1) chocolate Ex-Lax square ®
- If stools are not clear by 8:00 pm call 984-974-1000 and ask for the pediatric GI doctor on call

Remember:

- Give your child lots of clear fluids to drink
- Food and milk are **not** allowed.
- Muddy brown stools are not good. Procedure could be cancelled.
- Nothing by mouth two (2) hours before the procedure

Questions:

- Call the nurse at **984-974-9631** if you have questions, your child is sick or you need to reschedule for any reason
- For **urgent** questions at night or on weekends call 984-974-1000 and ask for the pediatric GI doctor on call
- More information about the procedure, parking, checking in can be found on the website uncchildrens.org/giprocedures