Bowel Prep Instructions
What you will need:

- One (1) bottle of Miralax ® or Glycolax ® powder (238 grams)
- One (1) box of Biscodyl ® suppositories
- 40 ounces of Gatorade ® or Pedialyte ®
- 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 5 capfuls of Miralax powder into the 40 ounces of Gatorade ® or Pedialyte ® and refrigerate

b. At 12:00 pm give your child one (1) 8oz cup of the Gatorade ® or Pedialyte ® 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) Biscodyl ® suppository
  This must be put into your child’s rectum
• 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. Please call the nurse if your child takes breast milk or formula.
• 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](http://uncchildrens.org/giprocedures)