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