Bowel Prep Instructions
What you will need:

• One (1) bottle of Miralax ® or Glycolax ® powder (238 grams)
• One (1) box of Bisacodyl tablets ® (5mg tablets)
• 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 16 capfuls of Miralax powder into the 64 ounces of Gatorade ® and refrigerate

b. At 11:00 am give your child three (3) Bisacodyl tablets ®

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) Bisacodyl tablet ®
• 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](http://uncchildrens.org/giprocedures)