# Bowel preparation for colonoscopy

You will need to purchase a box of **Miralax or Glycolax (16 caps/packets),** a 64 oz. bottle of **Gatorade and Chocolate Ex-Lax Square/Senna tablets**. All of these are available over the counter at your local drugstore.

**Instructions for mixing:** Prepare a large pitcher by mixing 16 caps/packets (17 grams each) to room-temperature Gatorade 64oz (avoid red), shake well, and refrigerate. Although Miralax does not alter the taste of Gatorade, this mixture tastes best when cold.

## Day Before Colonoscopy:

Your child may eat a light breakfast before 11:00 AM. With breakfast, give your child 1½ Chocolate Ex-Lax Square or 3 Senna tablets (8.6mg each) by mouth. After 11:00 AM, your child may **ONLY** have **CLEAR LIQUIDS** for the remainder of the day and up until 2 hours before the colonoscopy. Nothing is permitted by mouth 2 hours before the procedure.

> **Clear liquids include Gatorade, Kool-Aid, sodas/soft drinks, clear juices (such as apple or white grape), water, ice pops without fruit, Italian ice, hard candies, sweetened tea or coffee without milk. Homemade JELL-O out of the box and broth (like Campbell's chicken noodle soup without the noodles) are permitted up until midnight before the procedure. Make sure your child has access to clear liquids other than water to prevent dehydration and electrolyte imbalance.

**Start the Miralax/Gatorade solution at 11:00 AM** as directed: 4-8 oz of dissolved mixture every 30 minutes until all 64 ounces are consumed, or until stools have progressed to watery-clear, yellowish or tea-colored, with no solid material or particles.

If stools are not watery-clear by evening, you should give 1 Chocolate Ex-Lax Square or 2 Senna tablets (8.6mg each) by mouth. All of these should be available at your local drugstore.

## Remember:

Please do not eat anything after **midnight** before your procedure.
You may drink small amounts of clear liquids up to **2 hours** before your scheduled arrival time at the hospital.
Clear liquids ALLOWED: Water, Black Coffee (no milk), Apple Juice, Pedialyte, Sodas (i.e Sprite) and Gatorade.
Liquids NOT ALLOWED: Juices with pulp, orange juice, milk, all broths, JELL-O, thickened liquids and alcohol.
**For further information, please visit website:**
http://www.med.unc.edu/anesthesiology/patients/what-to-do