



Balloon Notes

Caring for your child.

One-Day Clean-Out Instructions for Colonoscopy

For your child's safety, follow these one-day clean-out instructions to get your child ready for their colonoscopy. If the instructions are not followed, your child's procedure may be canceled. The goal of this one-day clean out is to get your child's poop (stool) to become a clear liquid. This means that there will not be any poop (stool) pieces (it may have some color but will be mostly clear).

1 day before the procedure

Step 1: Start clear liquid diet:

- Start clear liquid diet in the morning.
- Continue clear liquid for the whole day.
- Allow your child to drink as much clear liquid as he or she would like.
 - **Have your child drink every 30-45 minutes to stay hydrated.**
- **Note:** If your child is on medicine for diabetes, please call the prescribing doctor for instructions on taking their medicine while on a liquid and fasting diet.

Step 2: Take MiraLax:

- At **2:00 p.m.** - Have your child drink a total of ___ glasses of MiraLax prep.
 - Drink one glass every 15-20 minutes.
 - Do **not** take more than four hours to drink MiraLax.
- Stop MiraLax for 30 minutes if your child is sick to their stomach (nausea) or throwing up (vomiting).
 - Restart MiraLax after 30 minutes.

Step 3: Take a stimulant laxative:

- At **8:00 p.m.** - Give ___ Dulcolax[®] (Bisacodyl) tablet(s)/suppository **OR** ___ Ex-Lax[®] Chocolate Chew(s).

Call the doctor at 214-456-8000 during business hours or at 214-456-8000 after hours if:

- Poop is not clear. This means the colon is not cleaned out and may mean that your child's procedure may be canceled for safety reasons.
- Your child is having difficulty sticking with to this clean-out plan.

What is a clear liquid diet?

- Drinking only clear liquids that you can see through. **No red, blue or purple liquids.**
- **Examples** of clear liquids: Water, tea, apple juice, white grape juice, pear juice, Gatorade, Powerade, Kool-Aid, Crystal-Light, lemonade without pulp, broth, clear bouillon, Jell-O, popsicles, ice slushes, Italian ices, Sprite/7-Up and Pedialyte
- Do **not** eat solid foods of any kind.
- Do **not** eat or drink milk-based products like cheese or milk.
- Do **not** chew gum or eat candy **after midnight** the night before the procedure.

How to mix the MiraLax: Mix one capful of MiraLax[®] (to the 17 GM line) in 8 ounces of Pedialyte or Gatorade (**No Red, Blue, or Purple Flavors**).