

# Colonoscopy clean out

## (For a child under 40 pounds)

### ATTENTION PARENT

It is **very important** to complete **all** of the clean out steps correctly to avoid having your child's colonoscopy rescheduled. Please contact your child's care team at least 48 hours ahead of your scheduled appointment if you have questions about the clean out instructions. **\*If the colon is not empty, the doctor cannot do the colonoscopy.\***

### What supplies should I buy ahead of time?

- 1 bottle of Miralax (clearlax, glycolax or polyethylene glycol). The medicine label should say 238g (grams).
- Chewable Ex-Lax chocolate square [or up to 30 mg (milligrams) of generic senna], just in case Miralax does not work well enough
- Pediatric saline enema, just in case Miralax does not work well enough
- Clear liquids. Avoid red and purple colors and juice with pulp. Some clear liquids include:
  - Clear apple or white grape juice
  - Gatorade or Powerade
  - Sprite or Ginger Ale
  - Breast milk
  - Popsicles
  - Jell-O
  - Soup broth or bouillon

### When and how do I do the clean out?

#### On the day before the colonoscopy

Your child should **only drink clear liquids**, starting at breakfast. Do not let your child drink other liquids (including non-breast milk) or eat any food the rest of the day.



Starting after breakfast (and no later than 4 p.m.):

- Mix **4 capfuls of Miralax with 24 to 32 oz** (ounces) of water, breast milk, Gatorade or Powerade.
- Your child may continue to drink clear liquids or breast milk until midnight. Do not let your child eat any food.

Your child will start having watery stools (poop). Their stool should change from a brown color to yellow-green color. You will know the clean out is working when the color of their stool looks like the color of pickle juice.

#### Please note:

You may receive a call from a Surgery team member the day before the colonoscopy. They may tell you that your child cannot drink liquids or food after midnight. This is general information for patients receiving anesthesia to keep them relaxed or asleep, but your child still cannot eat. Continue to follow the clear liquid diet instructions given to you by your child's GI care team.

#### Overnight and on the day of the colonoscopy

- Your child should not take aspirin or ibuprofen (Motrin, Advil or less costly store brand) 24 hours before the colonoscopy.

**In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.**

# Colonoscopy clean out (for a child under 40 pounds), continued

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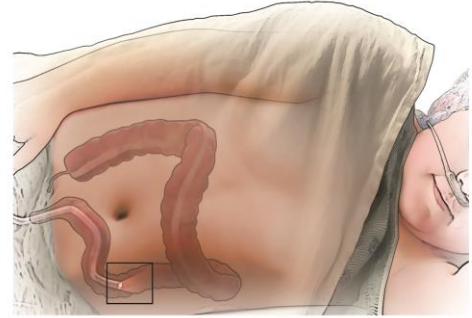
- Ask the doctor whether your child can take any medicines before the colonoscopy.
- Do not let your child eat any food.
- The time to stop drinking clear liquids will depend on their age and procedure time. Follow the clear liquid diet instructions given to you by your child's GI care team.

## Why does my child need a clean out?

A clean out includes steps to empty all stool from the colon.

This helps the doctor to:

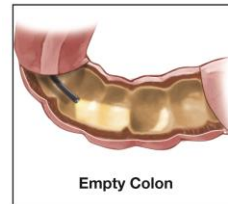
- See the colon better.
- Take clear pictures.
- Remove small pieces of tissue from the colon. These are called biopsies.



## What if my child has formed or brown stool after the clean out?

If your child still has formed or brown stool after the clean out:

- Give 1 to 2 more capfuls of Miralax with 8 oz of clear liquid, and
- Give 1 to 2 chewable Ex-Lax chocolate squares, and
- Give a pediatric saline enema if they still have formed or brown stool.



Empty Colon



Full Colon

## When should I call the doctor?

Call 404-785-5437 if:

- You have questions ahead of time about how to do the clean out.
- Your child is unable to complete the clean out for any reason.
- You have any other questions or concerns.

## Where can I find more information?

Visit these websites to learn more:

- Children's Gastroenterology Program:  
[choa.org/medical-services/gastroenterology](http://choa.org/medical-services/gastroenterology)
- GI Kids Colonoscopy Guide for Parents, Children and Teens:  
[gikids.org/tests-procedures/colonoscopy-for-kids](http://gikids.org/tests-procedures/colonoscopy-for-kids)

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# Colonoscopy clean out (for a child under 40 pounds), continued

## How can I comfort my child during the clean out?

Your child may feel some discomfort during the clean out. Listed below are tips to help your child. You can also learn more at [strong4life.com/en/emotional-wellness/coping/healthy-coping-strategies-for-kids](https://strong4life.com/en/emotional-wellness/coping/healthy-coping-strategies-for-kids).

| Possible symptoms  | How to help   |
|--|---|
| Abdominal (belly) cramps                                 | <ul style="list-style-type: none"><li>• Put a warm pad on their belly.</li><li>• Let them take a warm bath</li><li>• Give them acetaminophen (Tylenol or less costly store brand).</li></ul>  |
| Nausea (feels sick to their stomach or like throwing up) | <ul style="list-style-type: none"><li>• Offer distractions and a comfortable environment.</li><li>• Practice deep breathing with them.<ul style="list-style-type: none"><li>– Breathe in through your nose and feel the stomach fill with air.</li><li>– Hold your breath for a few seconds.</li><li>– Breathe out slowly through your mouth.</li><li>– Repeat several times.</li></ul></li><li>• Let them take a break from drinking the Miralax for 20 to 30 minutes.</li></ul> |
| Sore bottom  | <ul style="list-style-type: none"><li>• Use wet wipes instead of toilet paper.</li><li>• Put diaper cream on their bottom.</li></ul>  |
| Trouble drinking Miralax                                 | <ul style="list-style-type: none"><li>• Miralax can slowly thicken after mixing it with liquid. You can split the powder into smaller equal parts to avoid this.<ul style="list-style-type: none"><li>– You can use a different liquid for each part.</li><li>– Add ice if preferred.</li></ul></li><li>• Encourage them to keep drinking.</li></ul>  |
| Crying   | <ul style="list-style-type: none"><li>• Hold and comfort your child.</li><li>• Play soft music or sing.</li><li>• Gently rub their back.</li><li>• Show them a favorite toy.</li><li>• For babies – give them a pacifier if used.</li></ul>   |

*Children’s Healthcare of Atlanta has not reviewed all of the sites listed as resources and does not make any representations regarding their content or accuracy. Children’s Healthcare of Atlanta does not recommend or endorse any particular products, services or the content or use of any third party websites, or make any determination that such products, services or websites are necessary or appropriate for you or for the use in rendering care to patients. Children’s Healthcare of Atlanta is not responsible for the content of any of the above-referenced sites or any sites linked to these Sites. Use of the links provided on this or other sites is at your sole risk.*

**This teaching sheet contains general information only. Talk with your child’s doctor or a member of your child’s healthcare team about specific care of your child.**

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