**GI For Kids Pediatric Gastroenterology and Nutrition Services**



**Excellent Care Every Time**

**2100 Clinch Avenue Suite 510 ∙ Knoxville, TN 37916**

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**Colonoscopy Prep**

**Ages Under 1**

It is very important to make sure that your child drinks plenty of fluids and does not become dehydrated. Signs of dehydration include: a dry sticky mouth, decreased urine output (little or no urine output for 8 hours) or dark urine, dizziness or lightheadedness, lethargy or decreased energy or playfulness, or lack of tears. If you think your child is becoming dehydrated, please call your doctor or go to the emergency room.

If your child is sick or has a fever within 24 hours of the time of his/her procedure, please notify our office immediately.

ALL LABORATORY TESTS ORDERED BY YOUR DOCTOR MUST BE DONE **AT LEAST 2 DAYS BEFORE** THE PROCEDURE OR THE CHILD WILL NOT BE ALLOWED TO HAVE THE COLONOSCOPY ON THE SCHEDULED DAY.

Children’s Hospital Outpatient Surgery Department will call you between 4:00 PM and 8:00 PM on the day before the colonoscopy to let you know when you should arrive in the morning for the procedure. If you have not received a call by 8:00 PM, call 541-8402 and ask what time you should be there for the procedure.

FOLLOW THESE DIRECTIONS **THE DAY BEFORE** YOUR PROCEDURE:

**Step One:**

Your child may formula till 10:00 am and then only may have only clear liquids on the day before the procedure until 4 hours before their hospital arrival time. Clear liquids (you should be able to see light through it) include: Pedialyte, light colored juices, Jell-O, and Popsicles. NO RED OR ORANGE fluids should be given. There is no limit to the amount of clear liquids your child may have and we encourage you to offer plenty of fluids to ensure that your child does not become dehydrated.

**Step Two:**

* At 8:00 AM have your child drink \_\_\_\_ ounces of Magnesium Citrate (over the counter) followed by 4 ounces of Pedialyte.

**Step Three:**

* At 10:00 AM have your child drink \_\_\_\_ teaspoon of Miralax mixed with 16 ounces of Pedialyte. Mixing capfuls into different flavors/beverages may be helpful to your child. Mixing in warm liquid may help it dissolve better.

**At 12:00 PM: If your child is not tolerating the prep, please call the office for further instructions.**

**Step Four:**

* At 2:00 PM have your child drink \_\_\_\_ ounces of Magnesium Citrate followed by 4 ounces of Pedialyte.

**At 7:00 PM: If your child still does not have clear watery diarrhea then repeat Step Four.**

**YOUR CHILD CANNOT HAVE ANYTHING TO EAT OR DRINK AFTER MIDNIGHT UNLESS OTHERWISE DIRECTED BY THE SURGERY DEPARTMENT.**