

## Colonoscopy for Pediatric Patients

Patient: \_\_\_\_\_ Appointment Date: \_\_\_\_\_

Arrival Time: \_\_\_\_\_ am/pm Procedure Time: \_\_\_\_\_ am/pm

Location: **Mankato Surgery Center – Wickersham Health Campus**  
1411 Premier Drive, Mankato MN 56001

The Mankato Clinic requires all patients, caregivers or essential companions to be screened and masked upon entering all of our locations. Please bring a mask with you to your next appointment. If you do not have a mask, one will be provided. If you are unable to keep your appointment or have questions, please call (507)389-8529.

Patient Admissions will contact you a few days prior, to the procedure, with a few general medical questions and to go over any additional instructions. You may pre-register your child at One Medical Passport website <https://www.onemedicalpassport.com/?fid=1032>

### What is a Colonoscopy?

A colonoscopy is a test to examine the lining of your child's colon (large intestine). This test is often done to find the cause of stomach pain, diarrhea or blood in the stool. After your child receives medication to help him/her sleep, the doctor will gently put a flexible tube with a small camera and light on it (called an endoscope) into the rectum. Any abnormalities such as lesions or polyps can be removed. Biopsies, which are small samples of tissue, the size of a pinhead, may also be taken which can aid in determining the cause of your child's symptoms.

### Please tell your provider if you are:

- Pregnant or think you may be pregnant.
- Diabetic. Your provider will instruct you about taking your diabetes medications. You may need to check your blood sugar more frequently.
- On anti-inflammatory (NSAIDS) such as Ibuprofen, Advil, Motrin, Naproxen, Aleve or Aspirin.
- On a blood thinning medication (Coumadin, Warfarin, Plavix, Jantoven, Lovenox, etc.), please make sure your healthcare provider is aware of this **before** your colonoscopy. Certain medications may need to be stopped temporarily prior to your procedure.
- Continue to take all other prescribed medications as usual unless changed by your provider. (During prep time take with small sips of water)

### How do I prepare for the procedure:

If you have a prescription inhaler, please bring this with you.

Your child is scheduled for a sedated procedure. They may not drive or operate machinery for 12 hours after. A responsible adult driver (over 18) must accompany them to the Mankato Surgery Center and remain in the waiting room during the procedure and recovery period. We recommend that someone remain with them for 24 hours after they are discharged. **Patients are not allowed to leave by taxi, bus or walk home unless accompanied.**

Your child's colon must be COMPLETELY EMPTY of stool to ensure an accurate and safe procedure. The instructions to clean out the colon are called the "prep". The prep contains both medication and a diet of clear liquids. Specific instructions for your child's prep are on the attached page and your doctor will provide you with further instructions as well as any special instructions you may need for other medications your child is on. It is very important to follow the instructions exactly. If the prep is not complete before the colonoscopy, the test might be rescheduled.

**What will happen during the procedure:**

Your child will be given medication to help him/her sleep. Although Mankato Surgery Center strives to remain on schedule, please understand that some procedures take longer than others. As a result, your child's procedure may not be performed at the exact time he/she is scheduled for. The staff at the Mankato Surgery Center requests your patience and will keep you informed.

**What to expect after the test:**

After the procedure, your child will rest in the recovery area for at least an hour, or until awake and coherent. A few children feel sick after the procedure and may be watched a little longer until they feel better. Once your child is drinking well, he/she can start eating again.

**CALL YOUR CHILD'S DOCTOR IF:**

- Your child has stomach pain for more than an hour. Most children feel fine after the test but some may experience mild stomach pain.
- Your child throws up several times. To make sure this isn't a problem, try to have your child drink small amounts of liquid such as Sprite, 7-up or Ginger Ale. Or try having him/her eat a little bit of a Popsicle.
- Your child has bleeding. Passing small amounts of blood, less than a spoonful, is normal for 1-2 days. If the amount is more than that or continues past the 2<sup>nd</sup> day.
- Your child has a persistent fever.

Your provider will share the results of your test with you at your follow-up appointment. If you do not have a follow-up appointment, your provider may contact you by letter. If not, you may contact your provider's office five to seven business days after your test to obtain results.

2 Days Before	1 Day Before	Day of Procedure
<ul style="list-style-type: none"> <li>○ Stop iron other than in a vitamin</li> <li>○ If diabetic, or on anti-inflammatory (NSAIDS) such as Ibuprofen, Advil, Motrin, Naproxen, Aleve, or Aspirin, please contact your primary/pre-op provider regarding any changes needed unless already instructed.</li> <li>○ Go to the pharmacy and fill your prescription. Also purchase the clear liquids required for the prep.</li> </ul> <p><b><u>For children less than 50 lbs:</u></b></p> <ul style="list-style-type: none"> <li>○ 2 Bisacodyl (Dulcolax) tablets</li> <li>○ Miralax (polyethylene-PEG) container of at least 128 grams</li> <li>○ Gatorade or Powerade – 32 oz</li> </ul> <p><b><u>For children between 50-75 lbs:</u></b></p> <ul style="list-style-type: none"> <li>○ 2 Bisacodyl (Dulcolax) tablets</li> <li>○ Miralax (polyethylene-PEG) container of at least 196 grams</li> <li>○ Gatorade or Powerade – 48 oz</li> </ul> <p><b><u>For children more than 75 lbs:</u></b></p> <ul style="list-style-type: none"> <li>○ 3 Bisacodyl (Dulcolax) tablets</li> <li>○ Miralax (polyethylene-PEG) container of at least 256 grams</li> <li>○ Gatorade or Powerade – 64 oz</li> </ul>	<ul style="list-style-type: none"> <li>○ <b>Begin a clear liquid diet –OR–Children that are breast or formula fed, please follow the Mankato Surgery Center’s pre-surgery instructions for children.</b></li> <li>○ <b>No solid foods for breakfast, lunch or dinner.</b> Drink only clear liquids for breakfast, lunch and dinner. <b>Clear liquids allowed:</b> apple; white grape; Gatorade; water; fruit sports drinks; popsicles; gummy bears and any clear fruit juice without pulp; broth; plain Jell-O; coffee without creamer; tea and soda in limited quantities. <b><u>No red or purple products. No dairy products, cream soups or any fruit juice that contains pulp, such as orange or tomato soup.</u></b></li> <li>○ <b>It is important that you drink a variety of clear liquid beverages with calories to prevent dehydration</b></li> </ul> <p><b>10 a.m. –</b> Mix the Powerade/Gatorade with Miralax as directed based on your child’s weigh. <b>Follow the mixing instructions below.</b> Leave the Miralax in the refrigerator for 1 hour to help it dissolve and taste better. The dose recommended is for a bowel “cleanout.” It is not the dose that is written on the bottle. Which is designed for daily softening of stool. We need this higher dose so that the cleanout will work.</p> <p><b>11-12 p.m. - Start drinking the prep as listed below according to your child’s weight</b></p> <p><b><u>Children less than 50lbs:</u></b></p> <ul style="list-style-type: none"> <li>○ Mix 7.5 capfuls (128 grams) of Miralax (polyethylene-PEG) into 32oz of Gatorade/Powerade.</li> <li>○ Drink one 8 oz glass of Miralax-electrolyte solution every 15-20 minutes until the entire 32oz are consumed. <b>It is very important to drink all 32 oz of the miralax/electrolyte solution.</b></li> <li>○ Within 30 minutes of finishing the Miralax/electrolyte mixture, take 2 Bisacodyl (Dulcolax) tablets with 8-12 oz. of clear liquid (these tablets may be crushed.)</li> </ul> <p><b><u>Children between 50-75lbs:</u></b></p> <ul style="list-style-type: none"> <li>○ Mix 11 capfuls (196 grams) of Miralax (polyethylene-PEG) into 48oz of Gatorade/Powerade.</li> <li>○ Drink one 8 oz glass of Miralax-electrolyte solution every 15-20 minutes until the entire 48oz are consumed. <b>It is very important to drink all 48 oz of the miralax/electrolyte solution.</b></li> <li>○ Within 30 minutes of finishing the Miralax/electrolyte mixture, take 2 Bisacodyl (Dulcolax) tablets with 8-12 oz. of clear liquid (these tablets may be crushed.)</li> </ul> <p><b><u>Children more than 75lbs:</u></b></p> <ul style="list-style-type: none"> <li>○ Mix 15 capfuls (256 grams) of Miralax (polyethylene-PEG) into 64 oz of Gatorade/Powerade.</li> <li>○ Drink one 8 oz glass of Miralax-electrolyte solution every 15-20 minutes until the entire 64oz are consumed. <b>It is very important to drink all 64 oz of the miralax/electrolyte solution.</b></li> <li>○ Within 30 minutes of finishing the Miralax/electrolyte mixture, take 3 Bisacodyl (Dulcolax) tablets with 8-12 oz. of clear liquid (these tablets may be crushed.)</li> </ul>	<p>Follow the Mankato Surgery Center’s pre-surgery instructions for children.</p> <p>Proper bowel preparation for a colonoscopy is necessary in order for your doctor fully view the colon. If your stool is not clear liquid, your procedure may need to be rescheduled.</p> <p>Call 507-389-8529 with any questions.</p> <p>Please report to: <b>Mankato Surgery Center 1411 Premier Drive, Mankato MN</b> as scheduled above with a responsible adult driver.</p>