

PRE-SURGERY INSTRUCTIONS FOR CHILDREN-Colonoscopy/Combo

Patient: _____

Pre-op Appointment Date: _____ **Arrival Time:** _____

Pre-op Provider: _____ **Facility:** _____

*Your pre-op appointment must be within 45 days of your surgery date. If your pre-op appointment is changed for any reason, please let us know as your surgery date is subject to change as well.

Date of Surgery: _____

Surgery Arrival Time:

- You will be contacted with your arrival time 1 business day prior to your surgery date

Surgeon: Dr Kara Sullivan

Surgery Location:

- ☐ Mankato Surgery Center (Wickersham Health Campus) 1411 Premier Dr. Mankato

Prior to Surgery:

- 7 days prior to surgery: **DO NOT TAKE:** aspirin, Ibuprofen, fish-oil or vitamin E supplements unless otherwise specified by your primary doctor. You may take Tylenol, if needed.
- You will need an adult to drive you home after surgery.
- Nothing to eat or drink after midnight the night before surgery, unless otherwise instructed by pre-op nurse from surgical facility. Babies may be breastfed up to 4 hours prior to surgery start time. Babies may have formula up to 6 hours prior to surgery start time.
- Follow Colonoscopy Prep included with these instructions. Your procedure may be cancelled if you are unable to follow the diet instructions.
- Shower the night before AND the morning of surgery with soap. Apply clean bed linens, pajamas, and clothing after showering.
- Leave all valuables/jewelry at home (remove all piercings).
- Patient Admissions will contact you a few days prior to surgery with a few general medical questions and to go over your surgery instructions. For Mankato Surgery Center, you may pre-register for your surgery at One Medical Passport website <https://www.onemedicalpassport.com/?fid=1032> For questions with the Mankato Surgery Center online registration, please call 507-388-6000.

*The Mankato Clinic recommends you contact your insurance company if you have questions about coverage for these services. Please be advised that you will receive charges for services from Mankato Clinic, anesthesiology and from the surgical facility.

Follow Up Appointment Date: _____ **Arrival Time:** _____

Provider: Dr. Sullivan / Dr. Gourley **Facility:** _____

If you have questions or need to reschedule, please contact Patient Services at 507-385-3955.

2 Days Before	1 Day Before	Day of Procedure
<ul style="list-style-type: none"> ○ Stop iron other than in a vitamin ○ 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. ○ A prescription for the required prep medications will be sent to your pharmacy. These medications are also available for purchase over the counter. You will also need to purchase the clear liquids required for the prep. <p><u>For children less than 50 lbs:</u></p> <ul style="list-style-type: none"> ○ 2 Bisacodyl (Dulcolax) tablets ○ Miralax (polyethylene-PEG) container of at least 128 grams ○ Gatorade or Powerade – 32 oz <p><u>For children between 50-75 lbs:</u></p> <ul style="list-style-type: none"> ○ 2 Bisacodyl (Dulcolax) tablets ○ Miralax (polyethylene-PEG) container of at least 196 grams ○ Gatorade or Powerade – 48 oz <p><u>For children more than 75 lbs:</u></p> <ul style="list-style-type: none"> ○ 3 Bisacodyl (Dulcolax) tablets ○ Miralax (polyethylene-PEG) container of at least 256 grams ○ Gatorade or Powerade – 64 oz 	<ul style="list-style-type: none"> ○ 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. ○ No solid foods for breakfast, lunch or dinner. Drink only clear liquids for breakfast, lunch and dinner. Clear liquids allowed: 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. <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> ○ It is important that you drink a variety of clear liquid beverages with calories to prevent dehydration <p>10 a.m. – Mix the Powerade/Gatorade with Miralax as directed based on your child’s weight. Follow the mixing instructions below. 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>11-12 p.m. - Start drinking the prep as listed below according to your child’s weight</p> <p><u>Children less than 50lbs:</u></p> <ul style="list-style-type: none"> ○ Mix 7.5 capfuls (128 grams) of Miralax (polyethylene-PEG) into 32oz of Gatorade/Powerade. ○ Drink one 8 oz glass of Miralax-electrolyte solution every 15-20 minutes until the entire 32oz are consumed. It is very important to drink all 32 oz of the miralax/electrolyte solution. ○ 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.) <p><u>Children between 50-75lbs:</u></p> <ul style="list-style-type: none"> ○ Mix 11 capfuls (196 grams) of Miralax (polyethylene-PEG) into 48oz of Gatorade/Powerade. ○ Drink one 8 oz glass of Miralax-electrolyte solution every 15-20 minutes until the entire 48oz are consumed. It is very important to drink all 48 oz of the miralax/electrolyte solution. ○ 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.) <p><u>Children more than 75lbs:</u></p> <ul style="list-style-type: none"> ○ Mix 15 capfuls (256 grams) of Miralax (polyethylene-PEG) into 64 oz of Gatorade/Powerade. ○ Drink one 8 oz glass of Miralax-electrolyte solution every 15-20 minutes until the entire 64oz are consumed. It is very important to drink all 64 oz of the miralax/electrolyte solution. ○ 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.) 	<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: Mankato Surgery Center 1411 Premier Drive, Mankato MN as scheduled above with a responsible adult driver.</p>