# ****COLONOSCOPY INSTRUCTIONS****

# *****Please note these are general instructions, your physician may provide instructions specific to your child, please contact our office to ensure you have correct cleanout for your child\******

**PLEASE FOLLOW THESE INSTRUCTIONS PRIOR TO THE PROCEDURE TO ENSURE THAT YOUR PROCEDURE IS DONE**

In order for the doctor to perform the colonoscopy a bowel cleanout must be completed at home prior to the procedure.  A bowel cleanout is a combination of a clear liquid diet and 2 oral laxatives called Miralax and Dulcolax. After the Miralax you will have to take 1-3 Dulcolax tablets (it can be the generic form). Miralax is now available over the counter at your pharmacy. (A savings coupon for Miralax can be downloaded from [www.Miralax.com](http://www.miralax.com/) ). You will need to purchase one 238 gram/8.3oz bottle.

**Attention All High-Deductible Insurance Plan Members**: We strongly advise that you contact your insurance company to verify current deductible status. 50% of approved amount determined by your insurance carrier will be collected prior to the procedure. (EGD procedure code is 43239) Please contact our office for details.

**MEDICAL CLEARANCE**

You will need to obtain a History and Physical for a Medical Clearance by your Primary Care Physician 1-2 weeks prior to the procedure date. This H&P should be faxed to our office @ 585-345-4250. We will include the form. **If the child has had an appointment in OUR office within 30 days of your procedure there is no need to obtain another H&P from your Primary Care Physician**

**MEDICATION RESTRICTION**

Do not take any ibuprofen (Motrin, Advil) or aspirin for 7-10 days prior to your procedure. Use acetaminophen (Tylenol) for any pain relief

**TWO DAYS BEFORE THE PROCEDURE**

A low residue diet should be followed. A copy of the diet has been included.

**ONE DAY BEFORE THE PROCEDURE**

 A clear liquid diet should be followed.  A clear liquid diet consists of Soda, Juices without pulp, bouillon cubes (NOT broth, bouillon ONLY), Jell-O, Popsicles, Italian ice, hard candies (If age appropriate) anything you can see through!! Avoid liquids that are **Red or Purple.**   
Please encourage your child to eat or drink something every 30-45 minutes.  This will help to reduce the sense of hunger, during any bowel cleanout it is important that your child stay well hydrated.

Starting at 12:00 pm, the afternoon before the procedure, mix the entire container of MIRALAX in 64 oz of Gatorade. (Consider using two different flavors of Gatorade, a**voiding red or purple**). Mix well.  Drink 8-12 oz. of the Miralax- Gatorade mixture, every 30 – 60 minutes, for 6 –8 hours, until ALL 64 oz. ARE CONSUMED**, then take the Dulcolax tablets as prescribed by your physician**

**NOTHING BY MOUTH AFTER MIDNIGHT**

**HYGIENE**

Children with long hair either wear it up with a clip or pull it back with a hair tie.  
All jewelry and/or body piercing must be removed.

It is requested that patients and families refrain from wearing perfume or cologne to the hospital.

**WHO CAN ACOMPANY ANY CHILD TO THE HOSPITAL**  
Only **TWO** healthy Adults may accompany your child the day of the procedure.  
Only parents or legal guardians may sign for admission to hospital or for a medical procedure. In ALL cases, legal proof of custody or guardianship from county/state must be provided on the day of the admission and/or procedure. Adoption papers are required for adoptions finalized less than six months prior to admission/procedure date. If you are a foster parent, your social worker will need to assist in this process. Please notify us with the social workers information PRIOR to your admission/procedure day.

**DAY OF PROCEDURE**

All females 9 years old and older will need to produce a urine sample upon their admission to the unit.  
  
**Our office will contact you 24-48 prior to the procedure for your time of arrival at the hospital**. Use main entrance at **United Memorial Medical Center** and register in Admissions and you will then be brought to the Outpatient Surgical Waiting area. Parking is free at United Memorial Medical Center, Batavia.

If you have any additional questions or you wish to cancel the procedure or your child becomes ill please call our office at **585-250-4132** and speak to our staff or if after hours please leave a message with our answering service