

Colonoscopy Prep 26 to 49 kg (57 to 108 pounds)



Children's
of Alabama®

1600 7th Avenue South • 205.638.9100 • www.childrensal.org

Date of procedure: _____

You will need:

- 238 gram bottle (14 caps) of Miralax® (polyethylene glycol 3350)
- 128 ounces of Gatorade (2- 64 ounce bottles or 4- 32 ounce bottles)



The day before the procedure:

- A clear liquid diet is to be started at breakfast and continue for the entire day.
- See attached clear liquid diet
- No milk or milk products, nothing red or purple, and nothing with pulp
- Beginning at breakfast, start drinking at least 32 ounces of Gatorade to be finished by noon.
- At 2:00 PM mix an entire 238 gram bottle (14 caps) of Miralax® (polyethylene glycol 3350) in 64 ounces of Gatorade. Shake until solution is dissolved. Drink the entire amount over 3-4 hours.
- Drink an additional 32 ounces of Gatorade without Miralax® (polyethylene glycol 3350) over the next 1-2 hours.
- It is very important to drink extra fluids all day.









Tips:

- Drink approximately 8 ounces of the Miralax® (polyethylene glycol 3350) prep every 30-40 minutes.
- If nausea occurs, it may help to suck on a citrus flavored candy/lollipop in between the cups of the prep.
- If vomiting occurs, give a break for 30 minutes and begin again.
- If One Day Surgery tells you clear liquids may be given after midnight, only give drinks. Do not give Jell-O, broth, or hard candy.
- If the bowel is not well cleaned out, the procedure may need to be rescheduled.
- Call our office at (205) 638-9918 if there are issues with consuming the prep; we may be able to help.
- Please call our office if you have questions about your procedure, diet instructions, or if you are unable to keep the appointment for the procedure.

The GI office will call you with arrival time and when to stop the clear liquid diet.

Clear Liquid Diet

The clear liquid diet is used as a temporary diet to prepare for your child's procedure. This diet will help your child stay hydrated while your child receives his/her cleanout. Liquids that you can see through at room temperature are considered clear liquids. This includes clear juices, ices, and gelatin. The table below will help with your choices.

Choose These Foods/Beverages		
Fruits/Juices		Clear fruit juices without pulp such as apple juice or white grape juice.
Soups		Clear Broth & bouillon only NO soups with creams, rice, noodles, veggies or ANY chunks in them
Beverages		Tea, Kool-Aid, Soda, Water, Powerade, Gatorade (No red or purple)
Sweets and Desserts		Fruit Ices (NO chunks), plain Jello (no fruit), popsicles made from clear juices (No red or purple)
Vegetables		None
Milk and Dairy		None
Breads and Cereals		None
Meats and Fish		None