

## EGD/Colonoscopy Preparation

Endoscopic procedure(s) are typically scheduled for the first part of the day, since the patient (you or your child) will have a restricted diet for some time beforehand. In order to perform these procedures with a minimum of risk, the stomach needs to be relatively empty, and if colonoscopy is performed alone, or in conjunction with upper endoscopy, it too must undergo a "clean-out". The regimens for these preparatory steps depend on the procedure, and the age of the patient.

If only an upper endoscopy is scheduled, **(without colonoscopy)**, then solid foods are withheld for 8 hours before the actual procedure time. However, clear liquids may be drunk up until 2 hours before the procedure time. Examples of acceptable clear liquids are listed here: apple juice, water, 7Up, Chicken broth (no noodles or veggies), tea, carbonated water, jello, gatorade.

For infants who are on formula, undergoing an upper endoscopy, the last bottle of formula can be given 6 hours before the procedure time. Water, or other clear liquids can be offered up to 2 hours prior to the procedure.

For nursing infants undergoing upper endoscopy, the last nursing can occur as close as 4 hours before the procedure time, with clears up to 2 hours prior to the procedure.

Our office staff will review these instructions with you at the time of scheduling, so that on the procedure day, things will go smoothly. If deviations in food intake occur, the procedure may need to be postponed, or even cancelled and rescheduled.

Those undergoing colonoscopy (either alone, or with an upper endoscopy), will be given these clean-out instructions: A clear liquid diet will start at noon, on the day prior to the procedure(s). Miralax, an over the counter laxative, will be taken 1 capful every hour, mixed with a clear liquid (4-8 ounces), starting at noon, and taken every hour until bedtime, or until the stools are watery, and yellow or green. Once the stools are green or yellow, and watery, just continue the clear liquid diet, and stop the Miralax. Patients 10 years old and older will take 1 capful per dose (17 grams), while those 4-10 yrs old take 1/2 capful per dose. Clear liquids may be ingested until 2 hours prior to the procedures.

You may be instructed to use Dulcolax 5 mg tablets (bisacodyl) as well. These are available over-the-counter. For patients 10 years and older, 1 tablet per dose, spaced out 3 times per day, on the day prior to the procedure, is recommended.

Abdominal cramping may occur during the bowel cleanout. Frequently this will pass in a few minutes. Sometime, administering a fleets enema may help evacuate the rectum, and relieve the pain. Feel free to call the on-call doctor if needed, during this process.

If no effect is noted by bedtime, a fleets enema (for those 10 and older) or a pediatric fleets enema 3-10 years old, may be given.

These are general guidelines, and the specific instructions for you or your child may be different than these.

If you have any questions, please call us at 303-830-9190.

## EGD/Colonoscopy Preparation

Patient: \_\_\_\_\_

Date of Procedure: \_\_\_\_\_

Location of Procedure: \_\_\_\_\_

Time of Procedure: \_\_\_\_\_

Arrival Time: \_\_\_\_\_

- 1. Clear liquids until 2 hours prior to procedure time. And then NOTHING to drink**
- 2. Clear liquids CAN NOT be Red, Purple, or Orange. Green and Yellow Liquids are okay.**
- 3. Okay to Brush Teeth the Morning of Procedure**
- 4. Medications can be taken the evening before the procedure. Medications that are usually taken in the morning should not be given until after the procedure.**