

Naval Medical Center Portsmouth
Department of Pediatrics
Division of Gastroenterology
620 John Paul Jones Circle
Portsmouth, VA 23708

Colonoscopy Cleanout for children weighing 20-30 Kg (44-66 lbs)

You will need:

- Miralax 8 oz bottle (available by prescription or also over the counter for about \$10).
You will need ½ of this bottle.
 - 32 oz (non-red) Gatorade
 - Ex-Lax Chocolate tablets (Over the counter, usually less than \$4)
 1. On the **entire** day prior to the procedures, the diet should be **NOTHING BUT CLEAR LIQUIDS. NO SOLID FOODS**, and **NO NON-CLEAR LIQUIDS** (ie milk). The child may have jello and ice-popsicles as well.
 2. Mix 4 oz of Miralax with 32 oz Gatorade. The Gatorade should not be red colored.
 3. Drink this mixture over 4 hours (or less if possible), starting in the mid afternoon.
 4. Take 1 Ex Lax Chocolate tablet once the Miralax mixture has been completed.
 5. The child should take **NOTHING AT ALL BY MOUTH** after midnight through the completion of the procedure the following day.
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- The procedure will be cancelled if there has been anything ingested by your child after midnight due to aspiration risk.
 - If your child attended school on the day prior to the procedure, they need to adhere to the clear liquid diet, and start the cleanout when they arrive home.
 - If the child is truly unable to take the Miralax mixture over 4 hours, due to nausea, vomiting, or cramping to the extent that they do not feel they can complete the mixture, they can extend the duration by a few hours. However, the medication works best if taken in the shortest possible time.
 - It is imperative that the Miralax be mixed in Gatorade for the addition of electrolytes, and should not be given with juice or water.