

## Pediatric bowel prep for colonoscopy for children having light sedation or general anesthesia

Your child is booked for a Colonoscopy procedure. Please **check in at Patient Registration**, on Level 2 in the Yellow area, **1 hour before** your procedure time.

### How to “clean out” your child’s bowels for the colonoscopy:

- 1** Buy Senokot® and Pico-Salax® at your local pharmacy. You do not need a prescription. Use this chart to find the correct product and dose, based on your child’s age.

Age	2 days before	The day before the procedure	
1 to 5 years	Senokot liquid 10 ml (2 tsp) at 4 pm	<ul style="list-style-type: none"> <li>• ¼ sachet of Pico-Salax at noon</li> <li>• ¼ sachet of Pico-Salax at 4 pm</li> </ul>	If giving ¼ or ½ sachet of Pico-Salax, mix one whole sachet with water according to package instructions. Use the part you need and keep the rest in the fridge for the next dose.
6 to 12 years	Senokot liquid 15 ml (1 tbsp) <b>or</b> 3 Senokot tablets at 4 pm	<ul style="list-style-type: none"> <li>• ½ sachet of Pico-Salax at noon</li> <li>• ½ sachet of Pico-Salax at 4 pm.</li> </ul>	
13 years and older	Senokot liquid 15 ml (1 tbsp) <b>or</b> 3 Senokot tablets at 4 pm	<ul style="list-style-type: none"> <li>• 1 sachet of Pico-Salax at noon</li> <li>• 1 sachet of Pico-Salax at 4 pm</li> </ul>	

- 2** **Two days before the procedure**, give your child Senokot at 4pm.
- 3** **The day before the procedure**, your child should eat a light breakfast. After that, they can only drink clear fluids.

Clear fluids are: water, apple juice, chicken or beef broth (no noodles or chunks), Sprite®, 7-Up®, ginger-ale, jello (not red or purple) and popsicles (not pink or purple). No milk!

- 4** **The day before the procedure**, give one dose of Pico-Salax® at noon and a second dose at 4 pm. Your child should drink plenty of clear fluids during this time, and stay home, close to a toilet.
- 5** **Four hours before the procedure**, your child should stop all eating and drinking. No chewing gum or brushing teeth.



The preparation is successful if your child has clear, watery stools two times in a row. **If bowel movements do not become clear or if your child vomits or refuses the medication, call the Pediatric GI Doctor on-call at 905-521-5030.**

If you need to cancel or change your appointment, call 905-521-5013.

If you have questions during office hours, call 905-521-2100, ext. 73616 or 73072.

If you have questions the evening before the procedure, call the on-call doctor at 905-521-5030.

# Tips and reminders

## You child may have these clear fluids:

- ✓ Water
- ✓ Apple juice
- ✓ Clear chicken or beef broth
- ✓ Sprite, 7-Up or ginger ale
- ✓ Jello (not red or purple)
- ✓ Popsicles (not pink or purple)



This image is used with permission from Ferring Canada  
[www.pico-salax.ca](http://www.pico-salax.ca)

## Tips for your bowel prep

- Stay home the day before the procedure to do the prep properly and be close to your own bathroom.
- Try mixing the Pico-Salax and keeping it in the fridge. It may be easier to drink cold.
- Try using a straw.
- Make it fun by watching TV and drinking a glass of fluid every commercial.

## Watch videos to learn more!

### Lower endoscopy: Guide for children

<https://www.youtube.com/watch?v=MRb5WhVxv-Q> (animated)

Please note they use a different type of prep (PEG) – we prefer Pico-Salax.

### Preparing for your colonoscopy

<http://cdhf.ca/en/videos/proper-bowel-prep-can-save-your-life->

## What to watch for

The preparation is successful when your child has clear, watery stools 2 times in a row.



Dark and murky

**Not ok**



Brown and murky

**Not ok**



Dark orange and semi-clear

**Not ok**



Light orange and mostly clear

**Almost there!**



Yellow and clear, like urine

**You are ready!**