**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.

<table>
<thead>
<tr>
<th>Age</th>
<th>2 days before</th>
<th>The day before the procedure</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 to 5 years</td>
<td>½ Senokot tablet at 4 pm (crush and give in yogurt or apple sauce)</td>
<td>¼ sachet of Pico-Salax at noon</td>
</tr>
<tr>
<td></td>
<td></td>
<td>¼ sachet of Pico-Salax at 4 pm</td>
</tr>
<tr>
<td>6 to 12 years</td>
<td>1 Senokot tablet at 4 pm (may crush as above)</td>
<td>½ sachet of Pico-Salax at noon</td>
</tr>
<tr>
<td></td>
<td></td>
<td>½ sachet of Pico-Salax at 4 pm</td>
</tr>
<tr>
<td>13 years and older</td>
<td>2 Senokot tablets at 4 pm (may crush as above)</td>
<td>1 sachet of Pico-Salax at noon</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1 sachet of Pico-Salax at 4 pm</td>
</tr>
</tbody>
</table>

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

Your 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)

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 this video 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.

What to watch for

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

<table>
<thead>
<tr>
<th>Dark and murky</th>
<th>Brown and murky</th>
<th>Dark orange and semi-clear</th>
<th>Light orange and mostly clear</th>
<th>Yellow and clear, like urine</th>
</tr>
</thead>
<tbody>
<tr>
<td>Not ok</td>
<td>Not ok</td>
<td>Not ok</td>
<td>Almost there!</td>
<td>You are ready!</td>
</tr>
</tbody>
</table>