



# EGD and Colonoscopy Prep

**21-30 kg (46-66 lb)**

## PROCEDURE LOCATION

### Surgery Center of Carmel

12188-A N Meridian St #150, Carmel, IN 46032

Surgery Center phone: **(317) 569-8250**

**Arrive 1 hour before your scheduled procedure**

Scan for Google  
Maps



## What Are These Procedures?

Your child is scheduled for **two procedures done back-to-back** while asleep under anesthesia:

- **EGD (upper endoscopy)** – a thin camera is passed through the mouth to look at the esophagus, stomach, and the first part of the small intestine. Small biopsies are usually taken.
- **Colonoscopy** – the same kind of camera is passed through the bottom to look at the large intestine. Biopsies are usually taken here too.

Both procedures together take about **30–60 minutes**. Your child will not feel anything. The colonoscopy needs the bowel-prep medicines below; the EGD only needs the fasting times. Follow both.

## ✓ Plan Ahead (buy at least 2 days before)

Buy these items at least 2 days before the procedure. Check the **active ingredient** on the label – brand-name shortcuts can lead to the wrong product.

| Active ingredient / Item   | What to get                                  |
|--|--|
| <b>Bisacodyl 5 mg tablets</b> (Dulcolax or store-brand generic)<br>⚠ <b>NOT Dulcolax liquid or soft-chews</b>            | <b>2 Dulcolax 5 mg tablets (10 mg total)</b> |
| <b>Polyethylene glycol 3350</b> (MiraLAX, Costco ClearLax, Equate, or any store brand)<br>⚠ <b>NOT MiraLAX chewables</b> | At least <b>7 capfuls (~120 g)</b> of powder |
| Gatorade or Powerade (any color except red or purple) – for mixing with the MiraLAX powder                               | At least <b>28 oz (~850 mL)</b>              |
| Skin protection – protective ointment (Desitin or Vaseline) for anal-area comfort  | 1 tube                                       |

**Medications:** please prepare a list of the medicines your child is taking and ask which ones may need to be stopped. **Stop iron supplements and anti-diarrhea medicines 7 days before.**

### ⚠ Was your child prescribed a pre-cleanout for constipation?

If your doctor told you to start a pre-cleanout, give your child MiraLAX daily – **2–3 capfuls (32–45 g) mixed into 16–24 oz of juice, water, or Gatorade** – for 3–5 days **before** starting the regular prep timeline below. If you are not sure whether your child needs a pre-cleanout, message us through the patient portal or call the office.

### 17 3 Days Before — Low-Residue Diet

| AVOID                     | OK to eat                             |
|---------------------------|---------------------------------------|
| Whole grains, nuts, seeds | White rice, pasta, potatoes (no skin) |
| Raw fruits and vegetables | Bananas, melons, cooked veggies       |
| Corn, beans, popcorn      | Eggs, chicken, fish, yogurt, pudding  |

### 17 2 Days Before the Procedure

- At bedtime** Give Dulcolax tablets — **1 tablet (5 mg)** — with a sip of water.
- Evening — prep only** **Prepare only — do NOT drink yet.** Mix MiraLAX (**7 capfuls / 120 g**) into Gatorade (**28 oz**). Shake, refrigerate overnight. Your child will drink this **tomorrow**.

If you forget the Dulcolax, you can give it the day of bowel prep, with or just before the MiraLAX.

### 17 1 Day Before — Low-Residue Through Lunch

**After 2:00 PM — clear liquids only.**

| AVOID   | OK to eat / drink                                |
|---|--|
| <b>RED</b> or <b>PURPLE</b> drinks or foods       | Water, apple juice, white grape juice            |
| Dairy (milk, yogurt, ice cream); juices with pulp | Lemonade, clear soda, clear broth                |
| Any solid food                                    | Popsicles, plain Jell-O, tea/coffee without milk |

### 🍬 Prep medicine (afternoon / evening)

Best to start right after school — don't delay too long, or your child may not finish before bedtime.

- 3:00 PM** Give Dulcolax tablets — **1 tablet (5 mg)** — with a sip of water, then start the MiraLAX solution — **7 capfuls (~120 g) of MiraLAX in 28 oz (~850 mL) of Gatorade** — from the fridge. Have your child drink **5 oz (~150 mL) every 30 minutes** until finished.

**Tips for drinking the MiraLAX:** drink each cup **fast** (don't sip slowly — quick drinking helps the stomach empty and reduces nausea). Cold is easier — that's why we refrigerated it overnight. If your child can't keep up, pause 30 minutes and resume. If your child vomits, wait 30 minutes and restart at a slower rate.

- **Expect diarrhea** — this is normal and means the prep is working.
- Keep giving clear liquids throughout the day.

### 17 Day of Procedure

- **Clear liquids only after 2 PM the day before.** No solid food.
- **Keep your child well-hydrated** — offer small sips of clear liquids every 30–60 minutes through the prep day. Each drink: no more than **5 oz (~150 mL)**. Frequent small drinks beat occasional large ones — better hydration, easier on the stomach.
- **Stop all clear liquids 2 hours before the procedure.**
- Bring comfort items for your child (toy, blanket, tablet, etc.).
- The EGD is done first (through the mouth), then the colonoscopy. Both happen during the same nap.

**⚠️ If the bowel prep is not followed exactly, the colonoscopy may be delayed or canceled. The EGD does not need bowel prep, but the fasting rules apply to both.**

## Helpful Resources & Questions



**Prep video**  
Example only — follow this  
handout, not the video.



**Patient portal**  
Message us  
Urgent: (317) 338-9450



**GIKids.org**  
General info on pediatric GI  
procedures.

## Low-Residue Diet — Sample Meals

Meal ideas for the low-residue (“white”) diet. Continue this diet for the 3 days before the procedure, through lunch the day before. After 2:00 PM the day before, switch to clear liquids only — no dairy.

### Breakfast (morning)

- Scrambled eggs
- White toast with butter
- Banana
- Yogurt (no seeds or berries)
- Apple juice

### Lunch (~noon)

- Plain chicken sandwich on white bread (no veggies)
- Mac and cheese
- White rice with chicken
- Plain pasta
- Applesauce
- Vanilla pudding

### After lunch (~2:00 PM onward)

- Clear liquids only (see page 1 for allowed drinks)
- No more dairy — milk, yogurt, ice cream, etc.

Questions? Message us through the patient portal (preferred) or call (317) 338-9450 for urgent issues.