

HOME CLEAN OUT INSTRUCTIONS for COLONOSCOPY or CONSTIPATION

Please start giving your child:

Polyethylene glycol (Miralax or Glycolax) 1 or 2 caps (*up to 3 years 1 capful in 8 oz, 3-8 years old (1.5 capful in 12 oz and above 8 yrs 2 capful in 16 oz)*)

Mixed with 8-16 oz of clear fluid four times starting 2 days before the procedure, for example for a Monday procedure, start on Saturday and continue through Sunday. Example: 10 AM, 12 PM, 2 PM and 4PM

*Do not mix Miralax with milk or orange juice

Also for patients *younger than 8 years* old give **Ex-Lax chocolate waters**, 1 wafer in the mornings and for *older than 8 years* old give **Dulcolax** 1 tablet in the mornings for each day

During this process your child must be on a clear liquid diet. This includes clear fluids (Gatorade, water, soda, tea, and juice), soup broth, popsicles, Italian ice, and jello. Please do not offer milk or thick fruit juices with pulp. Please encourage your child to drink a lot of fluids during this process. *Miralax and Glycolax can be mixed in warm liquids, feel free to use soup broth or hot tea for variety.

We expect the stools to become extremely loose and resemble chicken broth at the end of the process. You may or may not see a large stool. The Miralax/Glycolax may break the stool apart in the intestines, which will look like small pieces in the toilet.

Your child should not go to school or participate in school related activities during this process. They should remain in a familiar environment, with easy access to the bathroom. If your child should lose control of their bowel movements, please use pull-ups or depends. This will only be temporary.

The Miralax or Glycolax may cause cramping and gas pains.

Please call Dr. Aybar at **443-837-7600** if your child:

1. Does not have a bowel movement within 24 hours
2. Starts to vomit
3. Has intense abdominal pain
4. After 2 days, the stool is still very thick or has visible pieces mixed in the fluid.