

PEDIATRIC GASTROENTEROLOG YAND NUTRITION
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Your child has been scheduled for a **Colonoscopy at:**

Your child will receive a call the afternoon ONE DAY prior to tell you what time you need to arrive: procedure location

Day Prior to the Procedure:

1. You must be on a STRICT clear liquid diet, which is explained on the back of this page. You can eat an Early Breakfast consisting of a piece of DRY WHITE TOAST, A DRY SCRAMBLED EGG, and REMEMBER NOT TO USE ANY BUTTER OR OIL. DO NOT EAT OR DRINK ANYTHING CONTAINING RED, PURPLE OR BROWN COLORS.
2. You will be using MIRALAX as a prep. Please refer to the chart included in this packet.
3. While drinking, you may experience chills and some cramps. This is caused by the large volume of cold fluid you are drinking, and is not cause for alarm. It is important to continue drinking fluids and have clear broth after the Miralax prep, as you do not want to become dehydrated. These also help keeping your electrolytes in balance.
4. Take all your regular medications.
5. If you have a heart valve problem, heart murmur or had urinary tract surgery please inform our office and obtain cardiology, urology or your primary physician's clearance prior to the procedure. Antibiotics may be needed 30 minutes before the procedure and should be prescribed by the above physicians. Please mention any allergies in advance.

Day of the Procedure:

1. Continue on your clear fluids up to 8 hours prior to the procedure.
2. Take your regular medications, unless otherwise informed.

\$200 charge will be parent's responsibility for no show to procedure or cancellation less than 3 business days in advance

Parent's Signature

Date

Patient's Name

D.O.B.

Day before colonoscopy procedure the preparation includes

A special diet and medication. Please adhere to the instructions below without deviations

Diet day before procedure:

1. You can eat an Early Breakfast consisting of a piece of DRY WHITE TOAST, A DRY SCRAMBLED EGG, and REMEMBER NOT TO USE ANY BUTTER OR OIL.
2. lunch and dinner should be clear fluids of neutral colors only,
 - * nothing to chew
 - * no particles in the fluid, light should be seen through the fluid
 - * no purple, no orange, no red, no brown colors Suitable liquids are water, clear, blue, green, yellow Gatorade, apple juice, clear broth. Yellow or green jello is allowed till 5 pm.

Preparation with medication (clean out):

1. After school or starting 11 am, if child stays home day before procedure, please start preparation with medications:
2. Make sure child has additional clear fluids from the above list on demand through the clean out and even after the clean out is completed. Continue your clear fluids up to 8 hours prior to the procedure.