

Pediatric Gastroenterology Associates

Office: (408)358-3573

www.PediatricGISanJose.com

Fax: (408)356-2888

Colonoscopy Instructions

The procedure will be performed either at:

Children Surgery Center in Good Samaritan Hospital (408-559-2011) on
at You will be asked to arrive **1 hour ahead** of your scheduled time.

Or at **Operating Room at Sutter Tracy Memorial Hospital** (209-835-1500) on
at You will be asked to arrive **1.5 hour ahead** of your scheduled time.

Preparation

- 1 day before the procedure, your child will take a clear liquid diet. Clear liquids include Jello, popsicles, apple juice, clear broth, tea, water, Gatorade and soda. No solid foods or milk or orange juice should be given.

- 1 day before the procedure, your child should take one of the following **medicines**, which will empty out his/her bowel. The goal is to get watery clear stools. Make sure your child drinks lots of fluids to avoid dehydration. The names of the medications are:

* **Fleet Phospho-soda** (OTC): 15 ml every 15 minutes for 3 times in AM and repeat another rounds of 15 ml every 15 minutes for 3 times in PM. Your child should drink a glass of fluids with each tablespoon.

* Or **Golytely** : drink a glass every 1 hour

* Or **Magnesium Citrate** (OTC): drink 10 oz in AM, repeat another 10 oz in PM.

- if your child had no watery stools by the end of the day of clean out: administer a **Fleet enema**

- Your child should have **nothing to eat or drink** after midnight on the night before the procedure.

- The Anesthesiologist will call you at home in the evening of the day before the procedure to answer all your questions and concerns.

- Your child must be accompanied by a **Legal Guardian** to obtain consents for the procedure.

Procedure Day

- It is a good idea to bring your child's favorite toy or blanket as a source of comfort, as well as any medication your child takes.

- In the hour before the procedure, you will do the registration, your child will be assessed by a nurse and you will meet the anesthesiologist.

- After the procedure, your child will be taken to Children's Recovery Room where you will be invited to stay with him/her until your child goes home.

After the Procedure

- At home, your child may participate in quiet, supervised activities, such as reading and watching TV.

- It is not uncommon for children to take frequent naps after sedation/anesthesia.

- Start the diet first with clear liquids. If these are tolerated, switch to soft diet and then resume regular diet. Some children experience nausea and vomiting.

- Do not be alarmed if you notice a small amount of blood in your child's stool. This is due to the biopsies and should resolve over the next 24 hours.

- Some abdominal discomfort (gassiness) and distention may occur following the procedure but should pass.

- Depending on how your child is feeling, he/she may resume his/her activities and return to school on the following day.

- Call us at **408-358-3573** for persisting vomiting, bleeding, abdominal pain, fever, respiratory difficulty or any other concern.