

## Colonoscopy Instructions

### Location

- Center for Children's Surgery at Good Samaritan Hospital (408) 559-2157
- Silicon Valley Surgery Center (408) 402-0663
- Operating Room at Sutter Tracy Hospital (209) 833-2311
- Lucile Packard Children's Hospital at Stanford (650) 736-7359

\*Please arrive **1.5 hours before** your scheduled procedure time.

\*The Anesthesiologist may call you at home the evening before the procedure to answer all questions and concerns and to obtain additional health information about the patient.

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

### Day Before the Procedure

#### Clear Liquid Diet Required

For the whole day before the procedure, your child will take a clear liquid diet. This includes: Jello, popsicles, apple juice, clear broth, tea, water, soda, Gatorade. No solid foods or milk or orange juice.

#### Intestinal Clean-Out Required

The day before the procedure your child must take a **medicine** to empty out his/her bowel. *The goal is to get watery, clear stools. If not, contact us.* Make sure your child drinks lots of fluids to avoid dehydration.

- GoLytely Prescription required. Take as directed
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- 1/2 GoLytely Prescription plus Dulcolax 5 mg tablets (OTC) TWO in AM and TWO in PM
- Magnesium Citrate (OTC). Drink \_\_\_\_\_oz in AM and \_\_\_\_\_oz in PM mixed with CL
- OsmoPrep Prescription required. Take as directed
- Other \_\_\_\_\_

**Nothing to eat or drink** after midnight on the night before the procedure. Eating or drinking **anything** may result in **cancellation** of your procedure.

### Procedure Day

\*It is a good idea to bring your child's favorite toy or blanket for comfort, and any medication your child takes.

\*In the hour prior to the procedure, you will register, 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 discharged 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 tolerated, resume regular diet. Some patients 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 activities and return to school the following day.

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