

The Centre for Digestive Health

Grosvenor Medical Centre, Nassau, Bahamas

MiraLax Two-Day Colonoscopy Bowel Prep for children

Two Days before the procedure

1. Eat light meals that are low in fibre. Avoid fruits, vegetables and whole grains.
2. Drink lots of clear liquids but no milk products.
3. Take **2 tablets** of Bisacodyl with a large glass of fluid at 4pm. Alternatively you may use Senekot syrup 1 tablespoon

One Day before the procedure

4. Take **NO SOLID FOOD**
5. Drink lots of clear liquids. No Milk products. Examples of clear liquids include apple juice, cranberry juice, soda/tonic, powdered drink mixes such as Kool-aid® or Crystal Light®, sports drinks such as Gatorade®, clear soup broth, Jell-O®, Italian Ice and popsicles made without real fruit juice. Large amounts of red beverages should be avoided.
6. Around 2 pm begin drinking 8oz of the MiraLax solution every 15 to 20 minutes until entirely consumed.

MiraLax solution Mix 8.3ozs container of MiraLax powder with 64ozs of any clear liquid containing electrolytes eg. Gatorade type drinks (but **not** water). Mixture may be chilled.

7. Continue drinking clear fluids until bedtime

Day of the procedure

8. After midnight water and apple juice are allowed up until 4 hours before your procedure, then nothing at all to drink. Gum and hard candy **are not allowed**.
9. Evacuate bowels one final time before traveling to the Centre.