



Colonoscopy Bowel Prep

Clear Liquids + Saline Enema Option

Infants and Children Under 15 kg (<33 lb)

PROCEDURE LOCATION

Surgery Center of Carmel

12188-A N Meridian St #150, Carmel, IN 46032

Surgery Center phone: **(317) 569-8250**

Arrive 1 hour before your scheduled procedure

Scan for Google
Maps



USE THIS OPTION ONLY IF DIRECTED BY THE DOCTOR

This handout describes a **clear-liquids + saline-enema** prep for infants and children under 15 kg. Use this protocol **only when our office has specifically directed you to do so**. If a saline enema was not prescribed for home use, do not give one – the doctor will administer it just before the procedure.

✓ Plan Ahead — pick up from the pharmacy

- Pedialyte® or clear apple juice.
- Clear broth (chicken or vegetable).
- Popsicles or plain gelatin (no red or purple colors).
- Saline enema – **only if prescribed**, or if we have separately instructed you to give one.
- Protective ointment (A&D, Desitin®, or Vaseline®) for the diaper area.

Medications: please prepare a list of the medicines your child is taking and ask which ones may need to be stopped. **Stop iron supplements and anti-diarrhea medicines 7 days before.**

17 Day Before the Procedure

AVOID	OK to drink
All solid foods	Formula or milk (until 12:00 PM)
Formula or milk after 12:00 PM	Breast milk (until 8:00 PM)
Breast milk after 8:00 PM	Pedialyte®; clear apple juice (no pulp); water
Anything red or purple (looks like blood)	Clear broth (chicken or vegetable, strained); popsicles or plain gelatin (no red/purple)

Saline enema (only if directed)

If your doctor prescribed a saline enema for home use, give it in the evening. The dose is **10 mL per kg of body weight**. If you were not told to give one at home, the doctor will give it right before the procedure.

Apply protective ointment to the diaper area.

Fasting Rules — Day of Procedure

These times are counted backward from your child’s scheduled procedure time:

What	When to Stop
Formula or milk (1 year and older)	12:00 PM the day before
Breast milk	8:00 PM the day before
Clear liquids (Pedialyte, water, clear juice)	2 hours before procedure time

After the clear-liquid cutoff, no food or drink. This keeps your child safe during anesthesia.

When to Call the Doctor

- Your child won’t drink, or has dehydration signs: no tears, dry mouth, or no wet diapers for 6+ hours.
- Vomiting that prevents your child from keeping liquids down.
- Fever, bloody stools, or severe belly pain.
- You are unsure whether the prep is working.
- You have questions about your child’s medications.

Tips for Success

- Offer clear liquids frequently in small amounts — a syringe, sippy cup, or bottle may help. Frequent small drinks beat occasional large ones — better hydration, easier on the stomach.
- Popsicles and gelatin help keep your child hydrated. Avoid red and purple — they can look like blood.
- Expect frequent watery stools — this means the prep is working.
- Keep the diaper area well protected with ointment to prevent irritation.
- Bring comfort items for your child (favorite blanket, pacifier, lovey, etc.).

Helpful Resources



Watch the prep video
Example only — follow this
handout, not the video.



Patient portal
Message us
Urgent: (317) 338-9450



GIKids.org
General info on pediatric GI
procedures.

Pediatric Gastroenterology at Surgery Center of Carmel. For urgent issues call (317) 338-9450. This document is patient education material; for medical advice contact your healthcare provider.