



Colonoscopy Bowel Prep

31-40 kg (68-88 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



✔ Plan Ahead (buy at least 2 days before)

Buy these items at least 2 days before the procedure. Check the **active ingredient** on the label – brand-name shortcuts can lead to the wrong product.

Active ingredient / Item	What to get
Bisacodyl 5 mg tablets (Dulcolax or store-brand generic) ⚠ NOT Dulcolax liquid or soft-chews	2 Dulcolax 5 mg tablets (10 mg total)
Polyethylene glycol 3350 (MiraLAX, Costco ClearLax, Equate, or any store brand) ⚠ NOT MiraLAX chewables	At least 10 capfuls (~170 g) of powder
Gatorade or Powerade (any color except red or purple) – for mixing with the MiraLAX powder	At least 40 oz (~1200 mL)
Skin protection – protective ointment (Desitin or Vaseline) for anal-area comfort	1 tube

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.**

⚠ Was your child prescribed a pre-cleanout for constipation?

If your doctor told you to start a pre-cleanout, give your child MiraLAX daily – **3-4 capfuls (47-60 g) mixed into 24-32 oz of juice, water, or Gatorade** – for 3-5 days **before** starting the regular prep timeline below. If you are not sure whether your child needs a pre-cleanout, message us through the patient portal or call the office.

3 Days Before — Low-Residue Diet

AVOID	OK to eat
Whole grains, nuts, seeds	White rice, pasta, potatoes (no skin)
Raw fruits and vegetables	Bananas, melons, cooked veggies
Corn, beans, popcorn	Eggs, chicken, fish, yogurt, pudding

17 2 Days Before the Procedure

At bedtime Give Dulcolax tablets – **1 tablet (5 mg)** – with a sip of water.

Evening — prep only **Prepare only — do NOT drink yet.** Mix MiraLAX (**10 capfuls / 170 g**) into Gatorade (**40 oz**). Shake, refrigerate overnight. Your child will drink this **tomorrow**.

If you forget the Dulcolax, you can give it the day of bowel prep, with or just before the MiraLAX.

17 1 Day Before — Low-Residue Through Lunch

After 2:00 PM — clear liquids only.

AVOID	OK to eat / drink
RED or PURPLE drinks or foods	Water, apple juice, white grape juice
Dairy (milk, yogurt, ice cream); juices with pulp	Lemonade, clear soda, clear broth
Any solid food	Popsicles, plain Jell-O, tea/coffee without milk

Prep medicine (afternoon / evening)

Best to start right after school — don't delay too long, or your child may not finish before bedtime.

3:00 PM Give Dulcolax tablets – **1 tablet (5 mg)** – with a sip of water, then start the MiraLAX solution – **10 capfuls (~170 g) of MiraLAX in 40 oz (~1200 mL) of Gatorade** – from the fridge.
Have your child drink **7 oz (~200 mL) every 30 minutes** until finished.

Tips for drinking the MiraLAX: drink each cup **fast** (don't sip slowly — quick drinking helps the stomach empty and reduces nausea). Cold is easier — that's why we refrigerated it overnight. If your child can't keep up, pause 30 minutes and resume. If your child vomits, wait 30 minutes and restart at a slower rate.

- **Expect diarrhea** — this is normal and means the prep is working.
- Keep giving clear liquids throughout the day.

17 Day of Procedure

- **Clear liquids only after 2 PM the day before.** No solid food.
- **Keep your child well-hydrated** — offer small sips of clear liquids every 30–60 minutes through the prep day. Each drink: no more than **7 oz (~200 mL)**. Frequent small drinks beat occasional large ones — better hydration, easier on the stomach.
- **Stop all clear liquids 2 hours before the procedure.**
- Bring comfort items for your child (toy, blanket, tablet, etc.).

⚠️ If the prep is not followed exactly, the colonoscopy may be delayed or canceled.

Helpful Resources & Questions



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.

 **Low-Residue Diet — Sample Meals**

Meal ideas for the low-residue (“white”) diet. Continue this diet for the 3 days before the procedure, through lunch the day before. After 2:00 PM the day before, switch to clear liquids only — no dairy.

Breakfast (morning)

- Scrambled eggs
- White toast with butter
- Banana
- Yogurt (no seeds or berries)
- Apple juice

Lunch (~noon)

- Plain chicken sandwich on white bread (no veggies)
- Mac and cheese
- White rice with chicken
- Plain pasta
- Applesauce
- Vanilla pudding

After lunch (~2:00 PM onward)

- Clear liquids only (see page 1 for allowed drinks)
- No more dairy — milk, yogurt, ice cream, etc.

Questions? Message us through the patient portal (preferred) or call (317) 338-9450 for urgent issues.