



GI for Kids
10-18 Prep

Your procedure is on _____

Please report to registration the morning of your procedure. The hospital will call you the night before with the proper time. If you miss the phone call, you can call after 8 p.m. at 541-8580

The prep consists of Miralax, Magnesium Citrate, and Dulcolax.

All Lab Work must be completed the day the procedure is scheduled.

If your child is sick or has a fever within 24 hours of the procedure, notify our office at 865-546-3998 and ask for the procedure department.

Please be aware of dehydration. Signs and symptoms are: dry sticky mouth, decreased urine output or dark urine, lightheadedness or dizziness, the inability to make tears. If you have any of these, Please go to the Emergency room for evaluation.

The day before your procedure

Date _____

Drink only clear liquids. A good rule of thumb is if you can pour it in the cup and see the bottom of the cup, it is clear enough to drink. Examples include: Jell-O, broth, Gatorade, Powerade, light colored juices with no pulp, tea, clear carbonated drinks, and even popsicles. **Make sure on this day you do not drink anything red or anything orange.** Please drink as much clear liquids as possible, this will help prevent dehydration. Please see the column to the left for details about dehydration.

At 4 p.m. please take 2 tablets of Dulcolax.

This is sold over the counter at most stores.

Follow with 8 or more ounces of a clear liquid.

At 5 p.m. Drink 6 ounces of magnesium citrate, which is sold over the counter as well.

At 6 p.m. Take 255 grams of Miralax and pour it in 32 ounces of Gatorade or Powerade. Split, and drink 16 ounces within 90 minutes. Place the other 16 oz. in your refrigerator.

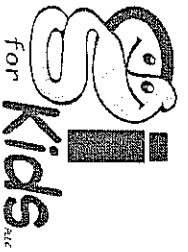
The day of your procedure

Date _____

Please continue to drink only clear liquids on this day. Examples are in the column to the left, however; **DO NOT EAT JELLO OR BROTH ON THIS DAY. Once again, DO NOT DRINK ANYTHING RED OR ORANGE.** Please drink as much clear liquids as possible. **Still, no solid foods on this day!**

At 7 a.m. please drink the other half of your miralax. This is the 16 ounces you have already mixed and should be in your refrigerator as directed yesterday. Please drink by 9 a.m.

You may continue to drink clear liquids up to two hours before your arrival time. The hospital is to call you today, or sometime this evening. You should subtract two hours minus the time they tell you. For example, if they tell you to come at 3:30 p.m. you must stop drinking clear liquids at 1:30 p.m. This is very important and must be followed.



GI for Kids

7-10 Prep

Your procedure is on _____

Please report to registration the morning of your procedure. The hospital will call you the night before with the proper time. If you miss the phone call, you can call after 8 p.m. at 541-8580

The prep consists of Miralax, Magnesium Citrate, and Dulcolax.

All Lab Work must be completed the day the procedure is scheduled.

If your child is sick or has a fever within 24 hours of the procedure, notify our office at 865-546-3998 and ask for the procedure department.

Please be aware of dehydration. Signs and symptoms are: dry sticky mouth, decreased urine output or dark urine, lightheadedness or dizziness, the inability to make tears. If you have any of these, Please go to the Emergency room for evaluation.

The day before your procedure

Date _____

Drink only clear liquids. A good rule of thumb is if you can pour it in the cup and see the bottom of the cup, it is clear enough to drink. Examples include: Jell-O, broth, Gatorade, Powerade, light colored juices with no pulp, tea, clear carbonated drinks, and even popsicles. **Make sure on this day you do not drink anything red or anything orange.** Please drink as much clear liquids as possible, this will help prevent dehydration. Please see the column to the left for details about dehydration.

At 4 p.m. Please drink two ounces of magnesium citrate. This is sold over the counter at many stores.

At 5 p.m. take one tablet of Dulcolax followed by 8 ounces of a clear liquid. Dulcolax is sold over the counter.

At 6 p.m. Take 8 capfuls of Miralax and mix it in 16 ounces of Gatorade or Powerade. Drink the Miralax within three hours.

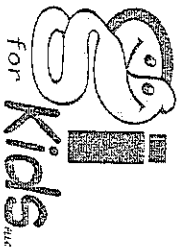
The day of your procedure

Date _____

Please continue to drink only clear liquids on this day. Examples are in the column to the left. Once again, **DO NOT DRINK ANYTHING RED OR ORANGE.** Please drink as much clear liquids as possible.

At 8 a.m. take one Dulcolax tablet followed by 8 ounces of a clear liquid as well as 2 more ounces of magnesium citrate.

You may continue to drink clear liquids up to two hours before your arrival time. The hospital is to call you the day before your procedure to let you know your appointed time to arrive for the procedure. You should subtract two hours minus the time they tell you. For example, if they tell you to come at 3:30 p.m. you must stop drinking clear liquids at 1:30 p.m. This is very important and must be followed.



GI for Kids

5-7 Prep

Your procedure is on _____

Please report to registration the morning of your procedure. The hospital will call you the night before with the proper time. If you miss the phone call, you can call after 8 p.m. at 541-8580

The prep consists of Miralax, Magnesium Citrate, and Dulcolax.

All Lab Work must be completed the day the procedure is scheduled.

If your child is sick or has a fever within 24 hours of the procedure, notify our office at 865-546-3998 and ask for the procedure department.

Please be aware of dehydration. Signs and symptoms are: dry sticky mouth, decreased urine output or dark urine, lightheadedness or dizziness, the inability to make tears. If you have any of these, please go to the Emergency room for evaluation.

The Day before your procedure

Date _____

Drink only clear liquids. A good rule of thumb is if you can pour it in the cup and see the bottom of the cup, it is clear enough to drink. Examples include: Jell-O, broth, Gatorade, Powerade, light colored juices with no pulp, tea, clear carbonated drinks, and even popsicles. Make sure on this day you do not drink anything red or anything orange. Please drink as much clear liquids as possible, this will help prevent dehydration. Please see the column to the left for details about dehydration.

At 4 p.m. Please drink two ounces of Magnesium Citrate. This is sold over the counter at many stores.

At 5 p.m. Take eight capfuls of Miralax. We will pour the eight capfuls in 16 ounces of Gatorade or powerade and drink within 3 hours.

The Day of your procedure

Date _____

Please continue to drink only clear liquids on this day. Examples are in the column to the left. Once again, DO NOT DRINK ANYTHING RED OR ORANGE. Please drink as much clear liquids as possible.

At 8 a.m. Please drink two ounces of Magnesium Citrate

You may continue to drink clear liquids up to two hours before your arrival time. The hospital is to call you the day before your procedure to let you know your appointed time to arrive for the procedure. You should subtract two hours minus the time they tell you. For example, if they tell you to come at 3:30 p.m. you must stop drinking clear liquids at 1:30 p.m. This is very important and must be followed.