**GI For Kids Pediatric Gastroenterology and Nutrition Services**



**Excellent Care Every Time**

**2100 Clinch Avenue Suite 510 ∙ Knoxville, TN 37916**

**Phone (865) 546-3998 ∙ Fax (865) 546-1123 ∙**[**www.giforkids.com**](http://www.giforkids.com)

**Home Clean Out Instructions**

**1-4 Years Old**

**\*DO NOT USE FOR COLONOSCOPY PREP\***

Shopping List:

* Chocolate ExLax – **Do not give if your child is allergic or is unable to eat solids.**
* Miralax
* Assorted clear liquids (Gatorade, Powerade, light colored juices, tea, clear carbonated beverages, clear broth, Jell-o, popsicles)
* Optional items
	+ Skin barriers (Desitin, Zinc Oxide, Vaseline)
	+ Flusable wipes
	+ Baking soda for warm bath soaks

Step 1:

* Your Child may only have clear liquids on the day of the clean out. Please ensure your child is drinking an adequate amount of fluids throughout the day.

Step 2:

* 8:00 am: Take 1 square of ExLax followed by 4 ounces of Gatorade or Powerade.

Step 3:

* 9:00 am: Mix \_\_\_ teaspoons of Miralax with 8 ounces of Gatorade or Powerade. Allow your child to drink this over the next 3 hours.

 Tip: You may split this into 2 equal parts to help with dissolving.

Step 4:

* 2:00 pm: Take 1 square of ExLax followed by 4 ounces of Gatorade or Powerade.

Progression of stools would ideally be:

* Formed Soft Liquid Clear
* Clear is defined as neon yellow/green in color with little to no sediment.

After the Steps are complete, your child may have a light meal. If they never reach a clear watery stool as defined above, please call our office the next business day to discuss further treatment.