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



**Excellent Care Every Time**

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**Home Clean Out Instructions**

**11 Years of Age and Older**

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

Shopping List:

* Chocolate ExLax– **Do not give if you/your child are allergic, please call for alternative.**
* Dulcolax 5mg laxative
* 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 3 squares of ExLax followed by 8 ounces of Gatorade or Powerade.

Step 3:

* 9:00 am: Take 2 tablets of Dulcoax (5mg laxative) with 8 ounces of a clear fluids.

Step 4:

* 10:00 am: Mix 15 capfuls of Miralax with 32 ounces of Gatorade or Powerade. Allow your child to drink this over the next 3 hours.
  + Tip: You may break this down into 4 equal parts and have your child drink every 45 minutes within the 3 hours to prevent a change in the texture of the mixture.

Step 5:

* 4:00 pm: Take 3 squares of ExLax followed by 8 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.