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



**Excellent Care Every Time**

**1975 Town Center Blvd ∙ Knoxville, TN 37922**

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

**Colonoscopy Prep Ages 10 and up – Afternoon Prep**

**Middlebrook Surgery Center**

It is very important to make sure that you/your child drink plenty of fluids and does not become dehydrated. Signs of dehydration include: a dry sticky mouth, decreased urine output (little or no urine output for 8 hours) or dark urine, dizziness or lightheadedness, lethargy or decreased energy or playfulness, or lack of tears. If you think you/your child is becoming dehydrated, please call your doctor or go to the emergency room.

If you/your child is sick or has a fever within 24 hours of the time of his/her procedure, please notify our office immediately.

**All lab work ordered must be completed and resulted before the procedure to avoid the possibility of rescheduling.**

Middlebrook Surgery Center is located at 1210 Tennova Medical Way, Knoxville, TN 37909, off Middlebrook Pike. You will receive a phone call 2-3 days before the procedure to notify you of your arrival time. You will also receive a text to pre-register, please complete this as soon as possible. The phone number for Middlebrook Surgery Center is 865-909-4949.

**FOLLOW THESE DIRECTIONS THE DAY BEFORE YOUR PROCEDURE:**

**Step one:**

Your child may have a light breakfast on the morning before the procedure. Your child may have only clear liquids the remainder of the day before the procedure. Clear liquids (you should be able to see light through it) include: Pedialyte, Gatorade, Powerade, light colored juices, tea, clear carbonated drinks, clear broth, bouillon, Jell-O and Popsicles. NO RED fluids should be given. There is no limit to the amount of clear liquids your child may have and we encourage you to offer plenty of fluids to ensure that your child does not become dehydrated.

**Step Two:**

* At 4 PM: Drink 4 ounces of Magnesium Citrate with 6 ounces of Pedialyte, Gatorade, or Powerade.

**Step Three:**

* At 5 PM: Take 2 tablets of Dulcolax (5 mg laxative) with 9 ounces of Gatorade or Powerade.

**Step Four:**

* At 7 PM: Mix 15 capfuls of Miralax, with 32 ounces of Pedialyte, Gatorade, or Powerade. Allow your child to drink this until finished over the next 3 hours. Mixing capfuls into different flavors/beverages may be helpful to your child. Mixing in warm liquid will help it dissolve better.

**\*Continue drinking clear liquids only\***

**Step Five: (Morning of Procedure)**

* At 7 AM: Drink 4 ounces of Magnesium citrate (over the counter) followed by 6 ounces of Pedialyte, Gatorade, or Powerade.

**Step Six**: (Morning of Procedure)

* At 8 AM: Take 2 tablets of Dulcolax (5 mg laxative) with 8 ounces of Gatorade of Powerade.

NOTHING TO EAT AFTER MIDNIGHT, MAY HAVE CLEAR LIQUIDS UP TO 2 HOURS PRIOR TO THE SCHEDULED PROCEDURE TIME, UNLESS OTHERWISE DIRECTED BY THE SURGERY DEPARTMENT.

NO DRUGS (INCLUDING THC EDIBLES) OR SMOKELESS TOBACCO PRODICTS 24 HOURS BEFORE PROCEDURE. THIS WILL INTERFERE WITH ANESTHESIA AND WILL RESULT IN RESCHEDULING THE PROCEDURE.