


PREPARING FOR A LOWER ENDOSCOPY



For the doctor to fully examine the lining of the colon (large intestine or bowel), it must be free from stool. Preparing for the endoscopy will take 24 hours. This prep involves a clear fluid diet and a clean out of the bowel. We won't be able to do the endoscopy if there is stool left in the bowel after the prep. If this happens, we will reschedule the test.

The day before the procedure

Diet

- your child may have clear fluids only – no milk, milk products or solid foods are allowed
- give clear fluids that have sugar and calories like clear apple juice, white grape juice, candy you can see through (gummy bears, fruit roll ups) popsicles, sports drinks, jello, broth, kool aid, and pop – avoid anything with red or purple food colouring

Laxative preparation

Laxatives will clean out your child or youth's bowel the day before the test. Use Pico Salax ®, which you can buy in a pharmacy. You may have to ask the pharmacist for it. Follow these instructions according to your child's age:

1-5 years of age

- give 1/4 packet of Pico Salax ® at 8:00 a.m.
- give 1/4 packet of Pico Salax ® at 4:00 p.m.
- mix the Pico Salax with 150 ml cold water, and stir often for 2-3 minutes—if it becomes hot, wait until it cools, then give it to your child to drink
- make sure your child drinks at least 1-2 litres of fluid during the day and evening

6-12 years of age

- give 1/2 packet of Pico Salax ® at 8:00 a.m.
- give 1/2 packet of Pico Salax ® at 4:00 p.m.
- mix the Pico Salax with 150 ml cold water, and stir often for 2-3 minutes—if it becomes hot, wait until it cools, then give it to your child to drink
- make sure your child drinks at least 2-3 litres of fluid during the day and evening

13-18 years of age

- give 1 packet of Pico Salax ® at 8:00 a.m.
- give 1 packet of Pico Salax ® at 4:00 p.m.
- mix the Pico Salax with 150 ml cold water, and stir often for 2-3 minutes—if it becomes hot, wait until it cools, then give it to your child to drink
- make sure your child drinks at least 3.5 (or more) litres of fluid during the day and evening

When the bowel is clean, the stool will be light coloured and watery. Your child or youth will have many bowel movements after taking the Pico Salax ®. Protect the peri-anal area (the area around the anus or bum) with a zinc barrier cream.

The day of the procedure

Your child can only have apple juice and water. Stop fluids two hours before your scheduled procedure.

Have you registered for MyChart?

MyChart is a **FREE** secure, online patient portal that connects patients to parts of their CHEO electronic health record, anywhere, at any time.

To apply for MyChart access, visit cheo.on.ca/mychart and fill out the MyChart access request form. Once your application has been approved, we'll send you an email with an activation code and instructions on how



Need more information?

[Cheo.on.ca](http://cheo.on.ca) is the best place to find information on CHEO's programs and services and learn about a variety of health topics for children and youth. Visit our online resource section to access CHEO-recommended websites, books, apps, videos and more!