



MASSACHUSETTS
GENERAL HOSPITAL



Miralax Preparation for Children 10 and above Having Colonoscopy and/or Endoscopy

You are scheduled for a colonoscopy/endoscopy in the **Pediatric GI Unit** located in the **May Johnson Wikstrom Surgical Center** at **Newton-Wellesley Hospital**.

The date of the procedure is: _____

Please arrive at: _____ (1 hour before the procedure)

The procedure begins at: _____.

PLEASE NOTE THAT ARRIVAL TIME CAN CHANGE DUE TO CANCELLATIONS OR EMERGENCIES. IF TIME IS CHANGED, YOU WILL BE NOTIFIED THE DAY PRIOR TO PROCEDURE

What you need to do BEFORE you start to prepare for your procedure:

1. Call 1-866-211-6588 to update your registration (if not done within 6 months)
2. Be sure you have an insurance referral, if required by your insurance company. Please contact your insurance to be sure MGH is in Network with your policy & if you require authorization for your procedure.

Buy at your local drugstore:

- One Adult Fleet Enema (your pharmacist may need to order this)
- Clear liquid drinks from the list below
- Dulcolax laxatives
- Miralax

Two nights before the procedure: _____

- Give your child 2 Dulcolax Tablets.



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One day before the procedure: _____

- Give your child less for breakfast than you normally would.
- After breakfast, give your child only clear liquids for the rest of the day (see list below).
- In the afternoon (1pm-5pm) mix 14 servings of Miralax in a ½ gallon of Gatorade (not Red) and drink 8oz every 20 minutes until gone.
- After your child takes the Miralax, please give 8-24 ounces of clear liquids over the next several hours.

Day of the procedure: _____

- On the day of the procedure, your child may **ONLY** have clear liquids. Give your child these fluids until _____

Clear Liquids

Your child can have any of the items listed below. However, please **do not** give your child any liquid that has red food coloring.

Water

Broth

Popsicles (no red)

Apple Juice

White Grape Juice

Ginger Ale

Electrolyte replacement drinks like Pedialyte or Generic Electrolyte Brand (no red)

If your child has trouble with this preparation, or if you have any questions, please call (617) 243-6723.

After 5:00 p.m., call 617-726-8705, and have the Pediatric Gastroenterologist FELLOW paged.