

PARENT INFORMATION

Bowel Preparation for Colonoscopy in a Child

READ CAREFULLY: DO NOT EXCEED OUR RECOMMENDED DOSAGE OR CHANGE TIMES OF INSTRUCTIONS AS SIDE EFFECTS MAY OCCUR.

DOSAGES ON THIS SHEET MAY DIFFER FROM DIRECTIONS ON THE PRODUCTS PACKET. FOLLOW THESE DIRECTIONS ONLY.

DIRECTIONS

Stop iron supplements one week before procedure

1. Low fibre diet for 3 days prior to procedure.
Do NOT eat: fruit, vegetables, high fibre bread or cereal (except cornflakes/rice bubbles).
You may eat: fish, chicken, cheese, eggs, white bread, rice, pasta and milk.

2. Low fibre breakfast on the day prior to the procedure then,
CLEAR FLUIDS ONLY UNTIL AFTER THE PROCEDURE: e.g. clear soup, strained fruit juice, cordial, lemonade, water, tea/coffee without milk, jelly (ideally NOT RED OR GREEN).

3. Bowel preparation involves 2 doses of 'Picolax' OR 'Picoprep' OR 'Picosalax' solution.

On day prior to procedure: between 11.45am – 2pm take first dose of bowel preparation (see below) followed by 400 – 500mls clear fluids. Ensure lots of clear fluids are taken before, during and after each dose.

The second dose is taken 4 – 6 hours after the first dose (and at least 6 hours before the procedure).

4. PICOLAX OR PICOPREP OR PICOSALAX (ORANGE FLAVOURED) PREPARATION.

Add the entire contents of one sachet of Picolax or Picoprep or Picosalax to 120mls of COLD water. Stir until effervescence stops.

N.B. Do not use for children under one year of age. Discuss bowel preparation with your doctor.

Dosage:

1-2 years	Drink 30mls of made up solution for each
2-4 years	Drink 60mls of made up solution for each
4-9 years	Drink 90mls of made up solution for each
10 years and over	Drink 120mls of made up solution for each

Repeat second dose of Picolax OR Picoprep OR Picosalax as directed.

PLEASE NOTE: Children **MUST** drink at least 3 large glasses of diluted clear fluid (i.e. diluted lemonade 1:4, clear fruit juice, tea, coffee, and/or cold water, Lucozade, Staminade, Gatorade over 2 – 3 hours following each dose of Picolax OR Picoprep OR Picosalax

0–1 years:

For children 0–6 months old: Osmolax 2 large scoops one day prior to procedure.

For children 6–12 months old: Osmolax 4 large scoops one day prior to procedure.