



## Pediatric Flexible Sigmoidoscopy Preparation

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Procedure date: \_\_\_\_\_

### **If your child is 0-12 months old:**

- May have solids/formula/breast milk 6 hours prior to the procedure, after that, clear liquids are allowed until 2 hours before procedure
- Nothing by mouth 2 hours before procedure (no food, no sips of water)
- Glycerin suppository should be given 3 hours prior to the procedure

### **If your child is 1-3 years old:**

- In the late afternoon on the day prior to the procedure, your child should take 2 tablespoons of Milk of Magnesia
- *The evening prior to the procedure your child is allowed a light meal, after that no solid foods. Clear liquids only until 2 hours prior to the procedure*
- Nothing by mouth 2 hours before procedure (no food, no sips of water)
- 2 hours before scheduled procedure time, give your child ½ of a 10mg Dulcolax suppository for a total of 5mg.

### **If your child is 3-6 years old:**

- In the late afternoon on the day prior to the procedure, your child should take 1 Dulcolax tablet or 1 Ex-Lax chewable square
- *The evening prior to the procedure your child is allowed a light meal, after that no solid foods. Clear liquids only until 2 hours prior to the procedure*
- Nothing by mouth 2 hours before procedure (no gum, no food, no sips of water)
- 2 hours before scheduled procedure time, give your child one 10mg Dulcolax suppository

**If your child is 6-14 years old:**

- In the late afternoon on the day prior to the procedure, your child should take 2 Dulcolax tablets or 2 Ex-Lax chewable squares
- *The evening prior to the procedure your child is allowed a light meal, after that no solid foods. Clear liquids only until 2 hours prior to the procedure*
- 2 hours before scheduled procedure time, give your child one 10mg Dulcolax suppository

**Clear liquids are: water, non-red Gatorade, apple juice, white grape juice, Pedialyte, ginger ale, non-red Jello, broth without noodles or meat, non-red ice pops without fruit pieces.**

**Tylenol (acetaminophen) only is allowed the week leading up to the procedure, no aspirin containing medication (ibuprofen such as Motrin or Advil or naproxen such as Aleve).**

**\*\*Please call the office if your child has any symptoms of fever, vomiting, or diarrhea**

- Procedure time will be provided via phone call a day or 2 prior to the procedure
  - In addition, a nurse will contact you within the week leading up to the procedure for a pre-operative interview, these questions must be answered before the procedure takes place.
- A responsible adult must drive the patient to the procedure, remain in the procedure suite for the duration of the procedure, and stay with the patient for 12-24 hours following the procedure.

\*If you have any questions or concerns regarding the procedure or the prep explained above, please contact the office at 914-232-3135.

This is a diagram of the gastrointestinal system. The colon (large intestine) is darkened. During colonoscopy, the colonoscope is inserted into the rectum and the entire colon, up to and including the cecum is examined. The average adult colon is five to six feet long.

