

Bowel preparation for your child's colonoscopy

Information for families and carers

Before your child's colonoscopy, they will need to take bowel preparation medicine and eat a restricted diet. This is to prepare their bowel so that it is ready for the colonoscopy. This factsheet explains how to give your child the bowel preparation medicine and what they should eat on their restricted diet. Please make sure you read this information and follow the instructions carefully. If you have any further questions or concerns, please contact us using the details at the end of this factsheet.

Please read the colonoscopy factsheet we have given you alongside this factsheet.

Your child's appointment for a colonoscopy is: _____

Before taking bowel preparation medicine, please read the manufacturer's information sheet supplied with the medicine. Please be aware that although the manufacturer's information sheet may not mention giving this medicine to children, it is safe for both children and adults to take.

What is bowel preparation medicine?

Bowel preparation medicine is a type of laxative that clears the bowel of faeces (poo) in preparation for a procedure. It comes as a powder that you mix with water.

Before their colonoscopy, your child will need to:

- take **two** doses of bowel preparation medicine one day before their procedure
- eat a restricted diet for two days before their procedure

Why does my child need to prepare their bowel?

Your child needs to take bowel preparation medicine and eat a restricted diet for two days before their colonoscopy. This helps to give the doctor a clear view of the inside of their bowel during the procedure. It is important that you follow the advice and preparation schedule correctly. If your child's bowel is not properly prepared, we may have to cancel their procedure.

What to expect

You should keep your child off school on the day that they take the bowel preparation medicine (this will be the day before their procedure). This is because the medicine can work quickly and without much warning, so your child will need to be near to a toilet.

Your child may need to use the toilet many times throughout the day, and by the end of the day, they should be passing loose, watery poo (diarrhoea). Diarrhoea can lead to dehydration, so it is important that your child drinks plenty of clear fluids after taking the medicine so that they don't get dehydrated. Drinking plenty of fluids also helps the medicine to work better.

Where your child will need to use the toilet many times, they may develop soreness around their anus (bottom). To help reduce any soreness, we recommend:

- applying a barrier cream, such as Vaseline or Sudocrem to your child's bottom
- using moist wipes gently after each bowel action

It is normal for your child to have some cramping or pains in their tummy. If this is the case, give your child paracetamol (always read the label or instructions before taking medicines).

Your child may also experience some nausea (feeling sick) when taking the bowel preparation medicine. To help reduce nausea and to help make the medicine more palatable, try:

- keeping the mixture cold
- adding a little squash
- drinking it through a straw

It is normal to feel some nausea, but if your child starts to vomit (be sick), contact us using the details at the end of this factsheet.

How do I make up the bowel preparation medicine?

1. Dissolve the powder from one sachet in 50ml of water (the mixture will fizz and become warm).
2. Wait until the mixture settles, then add another 50ml of water.
3. Mix well and measure out the correct dose for your child (see the table below).
4. Your child should drink the medicine as quickly as possible.
5. Throw away any remaining mixture after the first dose (if applicable) and make a new mixture for the second dose using the second sachet.

Dosage

It is important that you give your child the correct dose for their age. Please see the table below.

Age	9.30am (First dose)	3.30pm (Second dose)
1 to 2 years	25ml (1/4 sachet)	25ml (1/4 sachet)
3 to 5 years	50ml (1/2 sachet)	50ml (1/2 sachet)
6 to 10 years	100ml (1 sachet)	50ml (1/2 sachet)
11+ years	100ml (1 sachet)	100ml (1 sachet)

Useful tips

- When you make up the bowel preparation medicine, don't mix it with blackcurrant squash. This is because it turns the liquid blue, which may put your child off drinking the medicine.
- Bowel preparation medicine can taste quite bitter. Have a drink of lemonade or apple juice ready to give to your child after they have taken the medicine to help take away the unpleasant taste.

What can my child eat during bowel preparation?

Foods allowed	Foods to be avoided
<ul style="list-style-type: none">• White bread and white rolls• White pasta and white rice• White flour biscuits and cakes, tea biscuits, shortbread, plain sponge cake• White cream crackers and water biscuits or crisp bread• Breakfast cereals (without milk), such as rice crispies, cornflakes, sugar puffs• Eggs, cheese, butter, margarine, and spreads• Jelly (not red)• Smooth yoghurt (no fruit pieces)• Fruit juices• Boiled or mashed potatoes• Tender lean meats, such as ham, chicken, turkey (nuggets and drummers)• White fish (not battered)• Sugar, honey, and syrup• Jelly varieties of jams which have no seeds, pips, or whole pieces of fruit• Boiled sweets, pastilles, and chocolate	<ul style="list-style-type: none">• Wholemeal, wholegrain, whole-wheat, brown or granary bread and rolls• High fibre white bread like 'Champion' or 'Mighty White'• Whole wheat pasta or brown rice• Whole wheat crackers or crisp bread• Fruit cake• High fibre breakfast cereals like bran, bran flakes, Weetabix, shredded wheat, muesli, and porridge• All fruit and vegetables, including dried fruit and pulses (for example, beans, peas, and sweetcorn)• Salads, jacket potatoes, nuts, and peanut butter• Jam that has seeds, pips, or whole pieces of fruit• All skins, seeds, pips and stalks• Sweets that contain nuts or dried fruit• Twiglets or savoury snacks containing nuts and pulses• Chutneys and pickles



Bowel preparation and diet schedule

Day	Time	Diet, drink and medications schedule	Completed (please tick)
Two days before procedure		Your child should eat light meals from the 'Foods allowed' list (see page 3). Your child should not eat or drink anything from the 'Foods to be avoided' list (see page 3).	
One day before procedure	9am	Your child should eat a small breakfast from the 'Foods allowed' list (this will be the last thing they can eat until after their procedure).	
	9.30am	Mix up the entire first sachet of medicine and measure out the correct dose for your child (see table in 'Dosage' section for how to do this). Give the stated dose to your child.	
		After taking the first dose of medicine, your child must not have anything to eat. Your child can drink clear fluids, such as water, clear lemonade, apple juice and diluted squash. They can also have some jelly. Your child should drink as much clear fluid as possible regularly throughout the day so that they do not get dehydrated.	
	3.30pm	Mix up the entire second sachet of medicine and measure out the correct dose for your child (see table in 'Dosage' section for how to do this). Give the stated dose to your child (six hours after their first dose).	
On the day of the procedure		<p>If your child is having a morning procedure Your child can have a final drink of water or diluted squash before 6am. You will need to bring your child to the hospital for 7.30am.</p> <p>If your child is having an afternoon procedure Your child can have a final drink of water or diluted squash before 11am. You will need to bring your child to the hospital for 12.30pm.</p>	

Contact us

If you have any further questions or concerns, please contact us.

Paediatric gastroenterology nurse specialists

Telephone: **023 8120 3814** (Monday to Friday, 8am to 5.30pm)

Alternatively, if we are unable to answer your call, please call our switchboard on **023 8077 7222** and ask for bleep **1392** or **2776**.

Useful links

CICRA - A video about endoscopy for children

www.youtube.com/watch?v=XyGhrYmYSZY

If you are a patient at one of our hospitals and need this document translated, or in another format such as easy read, large print, Braille or audio, please telephone 0800 484 0135 or email patientsupporthub@uhs.nhs.uk

For help preparing for your visit, arranging an interpreter or accessing the hospital, please visit www.uhs.nhs.uk/additionalsupport