



**NATIONWIDE CHILDREN'S**  
*When your child needs a hospital, everything matters.*

**Helping Hand™**

*Health Education for Patients and Families*

## Colonoscopy with General Anesthesia: Teens and Adults (Over 88 Pounds)

A colonoscopy is a procedure used to see the whole colon (Picture 1). Your doctor or health care provider will use a small, bendy (flexible) tube called a colonoscope to look for redness, swelling, bleeding, ulcers, or infections.

### Before the Procedure

- Starting 1 week before the test, stop all non-steroidal anti-inflammatory drugs (NSAIDs), like:
  - Aspirin
  - Celebrex®
  - Ibuprofen (Motrin® and Advil®)
  - Naproxen (Aleve®)
- If you take an iron supplement, you **cannot** take it the day before the procedure.
- The nurse will call you to ask you questions about your health.
- The nurse will tell you when to stop having food and liquids, when to get to the hospital, and the time of the surgery.
- Do not have gum, cough drops, or hard candy. If you have been chewing gum, surgery will be delayed 2 hours from the time the gum is spit out. If the gum has been swallowed, surgery will be delayed up to 8 hours from the time it was swallowed.

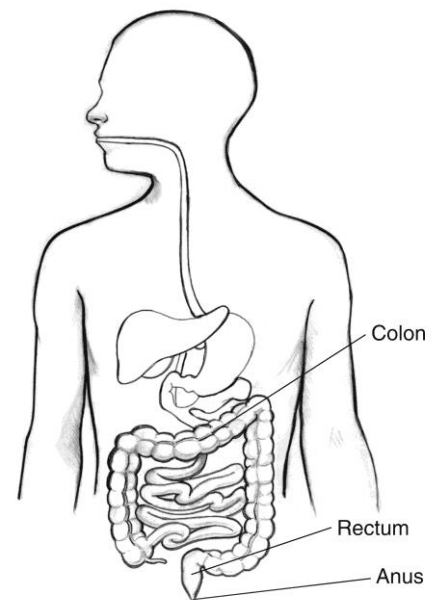


Image source: National Institute of Diabetes and Digestive and Kidney Diseases, National Institutes of Health.

**Picture 1** The colon is located in the belly area.

## Bowel Prep

You have to do a bowel prep the day before the procedure. You will take laxatives to clean all the poop (stool) out of your colon.

- You will miss school or work on bowel prep day **and** the day of the procedure.
- You can get laxatives at any pharmacy without a prescription.
- You will poop more often. Your poop will be looser, watery, and yellow or green.  
**If this does not happen, call the hospital at (614) 722-2000 and ask for the GI doctor on call.**

### Instructions for Bowel Prep — Day Before the Procedure

- On (day) \_\_\_\_\_ (date) \_\_\_\_\_, your child must be on a clear liquid diet starting in the morning until the procedure is over.
  - They **cannot have food, milk, or dairy**. Eating will lead to new stool in the colon. This means the procedure may be cancelled.
  - You should be able to see through clear liquids. There shouldn't be any pieces you can see in the liquid.

### You will take these medicines as directed:

- **Miralax<sup>®</sup>** (polyethylene glycol 3350)
    - Use **238 grams (14 capfuls)**, filled to dosage line inside of the cap.
    - Mix with **64 ounces** of any clear liquid.
    - Start drinking the mixture at **10 a.m.** and finish it within **3 to 4 hours**.
  - **Bisacodyl** (Dulcolax<sup>®</sup>)
    - Take two 5 milligram (mg) tablets at 11 a.m. **and** two 5 mg tablets at 2 p.m.
- (These are over-the-counter medicines. You can get them without a prescription at pharmacies or grocery stores.)*

## After Finishing the Bowel Prep

- You may drink clear liquids until 12 a.m. (midnight).
- A nurse will contact you with other pre-operative (pre-op) instructions and arrival time.
- If you have any questions or concerns about the prep, please call the GI procedure room nurse at **(614) 722-3445**.

## How the Procedure Is Done

- A parent or legal guardian must be here to give information about your health and sign a consent form if you are not old enough or cannot sign for yourself. If they cannot come, call the GI Department to make other plans.
- You'll register as instructed. Nurses will talk to you about the procedure and any health concerns.
- You will be taken back for the procedure. Whoever came with you will wait in the waiting room. In the procedure room, you'll be given medicine to help you sleep (anesthesia).
- The colonoscope will be placed in the hole in your bottom (rectum). The doctor or health care provider will guide it through the colon.
- Very small pieces of tissue (biopsies) may be taken to test.

## After the Procedure

- You will be taken to a recovery room to wake up.
- The doctor or health care provider will talk to you about the procedure and treatment.
- You may have clear liquids. Once you handle liquids well, you can eat food.
- You may need help walking to and getting into the car.
- You may have some belly cramps after the test. This is like when you have regular gas. You may also be nauseous.
- The doctor or health care provider will tell you when you can return to your normal activities.

## Risks

- **Bleeding** – You may have some blood in your poop. This is usually a small amount for a short time. This can be dangerous if you have a bleeding disorder.
- **Perforation** – This is a hole in the colon. It is very rare. Surgery may be needed to fix it.
- **Infections** – If you have a problem with your heart or immune system, you're more at risk for infections. Infections can be treated with antibiotics.

## **When to Call the Doctor**

Call your doctor or health care provider if you have:

- Bleeding from your rectum 1 or 2 days after the procedure.
- Quick, sharp belly pain.
- A fever over 101° Fahrenheit (F) or 38.3° Celsius (C).
- Throwing up (vomiting).

## **Follow-up**

We will call you if your care plan needs to be changed. If you have any questions or concerns, call your doctor or health care provider.