

## With bowel cleanout: Golytely®

Before the colonoscopy your child needs to be admitted to the hospital for a bowel prep. You need to check in at the Welcome desk in the lobby on the first floor.

It is very important that you arrive at the hospital on time. Arriving late could delay the bowel prep. If the bowel prep is not finished, your child's procedure could be delayed or cancelled.

### What happens before the colonoscopy?

- Your child will need a prep to clean out (empty) the bowel before the test.
- 3 days before coming to the hospital, your child should start eating a low fiber diet. Offer melons, grapes, cucumber, rice, zucchini, cereal, mashed potatoes and pasta. Avoid high fiber vegetables, such as corn and seeds.
- Your child may have a light breakfast before you come to the hospital on the day of admission. Once you come to the hospital, your child must drink only clear liquids. They include:
  - Apple juice
  - Water
  - Crystal Lite lemonade
  - Jell-O®
  - Gatorade
  - Tea
  - Popsicle®
- **No red or purple colored liquids.** These can stain the colon and make it look bloody.
- No milk or dairy products.

### When and how is the prep done?

- An IV will be started to make sure your child does not get dehydrated. The IV site must be checked every hour, even during the night, to make sure that it is working.
- Your child will have an NG (nasogastric) tube put in. This is a flexible tube that goes down the nose into the stomach. The tube is put in so that enough of the prep solution can be given to your child. It is too much for a child to drink. Your child may have some discomfort from having the tube in their nose. It may be throat discomfort or gagging. They may not like having it taped to their cheek or nose.
- Comfort measures like distraction are used to help your child with as little trauma as possible and to keep them comfortable. You may stay with your child during this time. Sedation medicines are not often used for placing the NG or IV.
- If you or your child would like to watch a video on having an NG tube placed please go to: [www.chw.org/childlife](http://www.chw.org/childlife)
  - Scroll down to the video: "Learn what it is like to have an NG tube placed".
  - We suggest that you watch this video first and then decide if it will help your child to watch it.
- Every patient is different, but bowel prep most often takes at least 12 hours. It may last overnight or until your child's procedure.

- During the bowel prep your child will be asked to get up and walk around.
- Your child's belly may get bloated and uncomfortable. Your child may also feel sick to their stomach. The nurse will watch for this and will slow down the prep if needed.
- Your child will need to use the toilet many times during the bowel prep, even overnight. Be prepared that you and your child's sleep may be interrupted often.
- Depending on how the bowel prep is going, the doctor may order enemas to be given along at the same time as the prep solution in the tube. An enema helps get stool (poop) out of the rectum by putting liquid into the rectum, making it easier for your child to poop. Sometimes several enemas are needed.

### What is expected of me?

As a partner in your child's care, you will be expected to help with your child during the bowel prep. This includes:

- Helping your child to the bathroom. This will happen many times overnight.
- Taking walks in the room or unit with your child.
- Helping to clean and wash your child if needed after going to the bathroom.
- Changing diapers for patients who are not toilet trained.
- Providing distraction and emotional support.
- Providing comfort during the NG and IV placement if you feel comfortable doing so.

### What else do I need to know?

- A TV and DVD player are in the room. You are welcome to bring DVD's and other familiar items. Some items like quiet toys, stuffed animals, blanket, electronics, arts and crafts, can help ease your stay.
- The hospital has pajamas, diapers and wipes for your child.
- You may want to bring 3 to 4 extra pair of clean underwear along.
- Food is not provided by the hospital for parents and visitors. Parents are welcome to bring their own food or buy food in the cafeteria. There is a refrigerator and microwave in the parent lounge.

### Who can I call if I have questions?

If you need to cancel the test, call your child's doctor or nurse at the GI Clinic.

Phone number: (414) 266-3690. Hours: Mon – Fri, 8:00 a.m. – 4:30 p.m.

If you have questions after hours, call the hospital operator at (414) 266-2000. Ask for the GI doctor on call.

Other helpful resources

- [Moviegi.com](http://Moviegi.com) This web page has videos in English or Spanish that explain different digestive problems and procedures.

**ALERT:** Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

**This sheet was created to help you care for your child or family member. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment and follow-up.**