

## How to prepare for a colonoscopy



It is important to carefully follow instruction below. If your child's bowel is not clean, their procedure may be postponed for his or her safety.

- Follow the fasting instructions given to you by the Gastrointestinal (GI) doctor and your nurse.
- On the day **BEFORE** the procedure, your child must only have clear fluids for the entire day. Your child can have:
  - Clear juices (like apple juice) or Gatorade
  - Clear soup broth
  - Popsicles or Jello
- DO NOT let your child have any solid food, milk or other thick drinks.
- It is important that your child drinks a lot of fluids on this day (not just water). Please have them drink \_\_\_\_\_ liters.
- A bowel cleaning medication will be given.
- Please have your child drink the medication within **1/2 hour** from when the nurse gives it to you.
- If your child is unable to tolerate the bowel prep and fluids by mouth, a nasogastric tube (NG) may need to be inserted through their nose to their stomach.
- Stool will be collected and your nurse will measure and assess whether the preparation has cleaned out your child's bowel completely.
- You will know that your child's bowel is clean because their bowel movements will become clear fluid.
- If it has not, the doctor may order additional bowel preparation.

At BC Children's Hospital, you are an important member of your child's health care team. Please feel welcome to ask questions so you can understand and be informed about decisions regarding your child's care and treatment.

### Further Instructions or Questions:

Developed by the health professionals of the Gastrointestinal Division of the Pediatrics Department with assistance from the Learning & Development Department; *Adapted by Rebecca Houweling, Clinical Nurse Educator, Feb 2019*

# Inpatient Gastrointestinal Endoscopy/ Colonoscopy

Your child's doctor recommends:

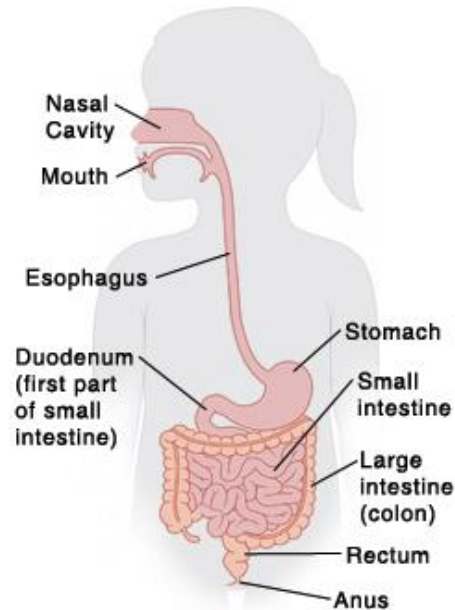
- An Endoscopy
- A Colonoscopy



An agency of the Provincial  
Health Services Authority

## What is an Endoscopy and a Colonoscopy?

- An endoscopy is a procedure that allows the doctor to look inside the esophagus, stomach and upper small intestine.
- A colonoscopy is a procedure that allows the doctor to look inside the rectum and large intestine and the lower end of the small intestine.



## Why is this procedure being done?

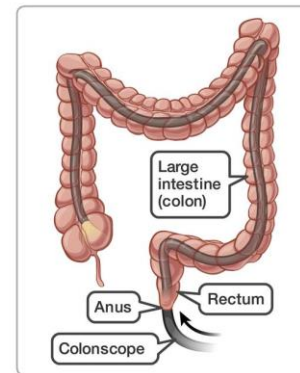
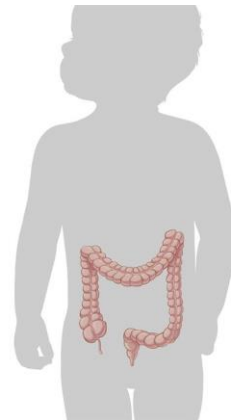
- This procedure allows the doctor to investigate symptoms (like bloody stool, anemia, or stomach pain) or check to see how an existing condition is doing (like ulcerative colitis or Crohn's disease).
- Polyps may also be removed or bleeding may be treated during this procedure.
- Make sure you understand why your child is getting the procedure. Please ask your GI doctor or nurse, if you do not know.

## Is there risk related to this procedure?

- This is low-risk procedure. However, the GI physicians will discuss with you the potential risks and complications prior to the procedure.
- The discussion will occur when consent for the procedure is obtained.

## What happens during the procedure?

- Your child will be made comfortable and asleep for the procedure.
- After your child is asleep, the GI doctor will pass a thin flexible tube through your child's mouth for an endoscopy or through your child's bottom for a colonoscopy.
- The endoscope is a long tube with a light, a camera and a channel for taking samples of tissue from the lining of the GI organs (called a biopsy).



© AboutKidsHealth.ca

## What can we expect on the day of the Procedure?

- Your child will not be able to eat any solids.
- Your child will be able to drink clear fluids up to 1 hour prior to the procedure.
- Your child will go to the Anesthetic Care Unit prior to the procedure. Your nurse will accompany you and your child there.
- You will meet the anesthesia doctor in the Anesthetic Care Unit who will look after your child's breathing during the procedure.



To prepare you and your child for the procedure, please visit our webpage:

<http://www.bccchildrens.ca/our-services/hospital-services/surgery>

Scan me

## What happens after the procedure?

- After the procedure, your child will recover in the Anesthetic Care Unit and then return to their hospital room.
- Your child's GI doctor will come and explain what was found during the procedure and make a plan for your child's care
- The tissue samples that were taken during the procedure will be examined. The results normally take **~2 weeks** to come back to your child's GI doctor.
- Your child's GI doctor will call you back to review the results.
- Please call us at **604 875 2332** after 2 weeks if your child's GI doctor has not called you with your child's results.