

What is a Gastrointestinal Endoscopy or Colonoscopy?

- An endoscopy (also called upper endoscopy) is an examination of the digestive tract (esophagus, stomach and small intestine) using an endoscope.
- A colonoscopy is an examination of the large intestine using an endoscope.
- An endoscope is a thin flexible tube with a bright light and a video camera with very tiny instruments.
- The doctor can see the lining of the digestive tract on a video screen as the tube is moved along and can take pictures if required to keep on file.
- With an endoscope the doctor can collect small tissue samples called biopsies (using very tiny instruments through the endoscope) which are sent to our laboratory.
- Your child is completely asleep throughout the whole procedure and won't remember having the endoscopy/colonoscopy. Your child will have an IV placed by the anesthetist and will give sedation medication through this IV.
- **You will be called the day before the procedure** by a nurse from the Surgical Daycare on the main floor of the hospital **between 12-6 PM for your exact procedure time.**

- Expect to be at the hospital for approximately 3-4 hours in total on procedure day.

Biopsy Results:

- These results take approximately 3 weeks to come back to the doctors.
- Please call **604-875-2332 (Toll Free 1-888-300-3088 ext 2332)** if you would like to follow up with these results.
- The doctor will speak to a parent of the child and discuss those results directly.

Upper Endoscopy: examines the esophagus, stomach, and duodenum.

- Your child will _____ will NOT _____ have an upper endoscopy.
- Date: _____

Colonoscopy: examines the large intestine.

- Your child will _____ will NOT _____ have a colonoscopy.
- Date: _____

Preparing for an Upper Endoscopy:

- Your child's stomach must be empty to do the procedure safely and to get clear pictures that will be helpful.

1) Children over 2 years:

- No solid food, milk or thick drinks **after 8:00 PM** on the night before the procedure.
- Clear fluids are allowed (those that you can see through ie. water, apple juice, clear tea, popsicles until **six hours before the procedure**).
- **Very Important:** your child **should not** have anything to eat or drink, not even gum, for **six hours before the procedure.**

2) Children 2 years and younger:

- Formula or milk is allowed until **six hours before the procedure.**
- You can give less than one cup of clear fluids ie. water, apple juice (nothing red) until **three hours before the procedure.**
- **Very Important:** your child **should not** have anything to eat or drink for **three hours before the procedure.**

Preparing for a Colonoscopy:

- Your child's bowel must be empty and very clean to do the procedure safely and to get clear pictures that will be helpful.

1) Starting the day prior to the procedure:

- Your child should stay at home to follow the preparation required for this test.
- Your child **can ONLY have CLEAR fluids** (those you can see through) ie. clear soup broth, jello, water, apple juice, clear tea, popsicles (not ice cream). Avoid having only the same colour fluid.
- **Absolutely no solid foods, milk, or other thick drinks today.**
- **Your child must drink plenty of CLEAR fluids (2-3 litres).** The more your child drinks the cleaner the bowel will be. Encourage your child to drink every half hour. Your child should drink at least _____ litres.
- **Nothing to drink for six hours before the procedure.**

2) Pico-Salax Preparation:

- Buy 1 box of Pico-Salax at your Drugstore. You DO NOT need a prescription.
- **Mix the doses in approximately 1 cup of water. Your child must drink this within 30 minutes.**

A) Give 1 dose: _____
at _____

B) Give 1 dose: _____
at _____

- If your child throws up the Pico-Salax wait 45-60 mins. and try again or call the nurse at 604-875-2772 (weekdays between 8-4:30) or call 604-875-2161 and ask for the gastroenterology doctor on call and discuss the problem.
- After Taking the Pico-Salax please ensure your child has plenty of clear fluids to drink.

3) Other Preparation:

- Sometimes your child may require additional laxative medication. The nurse will give you instructions about this.

For more information, please call the nurses for the Gastrointestinal program (Kathi or Lolita):

604-875-2772

1-888-300-3088 ext 2772

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Gastrointestinal Endoscopy/ Colonoscopy



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