

# Colonoscopy Additional Information

## Department of Paediatric Gastroenterology & Nutrition Information for parents and carers

### Bowel Preparation Medications

**Your child has been prescribed laxatives to help clear out their bowel before the investigation. They must start the medications the day before the colonoscopy.**

The medication will lead to an increase in the number of bowel movements with loose stools therefore it is advisable to be close to a toilet. Your child may also experience some abdominal cramps or pain. Some children might feel sick and may very occasionally vomit with the laxatives. This is nothing to worry about but do contact a member of the gastroenterology team if they are unwell or if you have any other concerns whilst they are on the laxatives.

If your child has any underlying medical condition or you are concerned about any information on this leaflet, please contact the gastroenterology team prior to giving the medication on 020 8725 5050 or [gastro.cns@stgeorges.nhs.uk](mailto:gastro.cns@stgeorges.nhs.uk). The paediatric admission department can be contacted on 020 8725 3648.

Age range	Medication	Dosage	Time to take medication	
			AM List	PM List
0yrs to 1yrs	Senna	10mls	12 noon	5pm
1yrs to 2yrs	Senna	10mls	12 noon	5pm
	Picolax	¼ Sachet	1pm	6pm
		¼ Sachet	5pm	6am
2yrs to 4yrs	Senna	20mls	12 noon	5pm
	Picolax	½ Sachet	1pm	6pm
		½ Sachet	5pm	6am
4yrs to 9yrs	Senna	20mls	12 noon	5pm
	Picolax	1 Sachet	1pm	6pm
		½ Sachet	5pm	6am
9yrs to 18yrs	Senna	20mls	12 noon	5pm
	Picolax	1 Sachet	1pm	6pm
		1 Sachet	5pm	6am

If you have not already received your child's prescription from the hospital, please take this letter to your GP to prescribe Picolax and Senna (7.5mg/5ml) using the dosing chart above. Please ensure that you measure out the quantity of medicine that you are giving your child.

Please note that as your child will be taking laxatives there is an increased risk of dehydration, therefore it is very important that your child keeps well hydrated. We recommend giving your child an **extra 1 litre (1 and ¾ pints) of fluid** in addition to his/her usual fluid intake once they start the medication.

Age	Total Fluid in 24hrs
6 Months	800mls
2 years old	1100mls
6 years old	1500mls
12 years old	1900mls
16 years old	2200mls

***Rough guide to fluid intake  
24 hours prior to Colonoscopy***

## Dietary restrictions

Before the colonoscopy it is very important that the bowel is as clear as possible, as this allows doctors to have a good view of the large bowel. Please follow the food restrictions below:

Patients **0 to 8 years old**. Please have meals as normal until the day before the procedure then please follow the clear fluid diet listed after the low residue diet plan.

Patients **9 to 18 years old**. Three days prior to the colonoscopy they must follow the **low residue diet**.

Foods allowed and foods to avoided are listed below.

### Low residue diet

	Choose	Avoid
<b>Breads Cereals</b>	White flour and white bread, seedless rye bread, rolls, saltine, Melba toast, plain muffin, crumpet, scotch pancakes, cornflour, Ready Brek, Rice Krispies, Cornflakes, Frosted Flakes	Wholemeal / Wholegrain breads, cereals and flour, oats, bran, barley, pearl barley, any wholegrain or bran cereal, granola, oatmeal, any cereal with seeds, nuts, coconut or dried fruit, e.g. muesli
<b>Potato Rice Pasta</b>	White or sweet potatoes, roast potatoes without skins, corn meal porridge, white rice and pasta, Yorkshire pudding, pastry	Skins of potatoes, e.g. packet or brown or wild rice and pasta

<b>Fruit</b>	Ensure fruit is ripe and soft. Tinned / stewed fruit is preferable. Apples (without skins), apricots, bananas, grapefruit, clementines, mandarin, nectarine, satsumas (discard fruit membranes) melon, peaches, rhubarb	Avoid tough skins, seeds and pips, citrus fruit membrane. Avocado, berries, cherries, kiwi, lemons, mangoes, olives, oranges, passion fruit, pineapple core, plums, prunes. All dried fruit, e.g. raisins, sultanas
<b>Vegetables</b>	Soft, easily mashed vegetables: Cucumber, courgette, lettuce, marrow, plantain (cooked), pumpkin, peppers, radish, swede (cooked), water cress (stalks removed), yam	Avoid tough skins, stalks, seeds and pips: All beans, peas and lentils, asparagus, aubergine, broccoli, beetroot, brussels sprouts, cabbage, carrot, fennel, garlic, leeks, mushroom, okra, onion, parsnips, Quorn, sweetcorn, spinach, spring greens, tomatoes
<b>Dairy</b>	All kinds of milk, cream, smooth yoghurts, all kinds of cheese, ice cream, sorbet, custard	Yoghurts containing fruit / nut pieces. Cheese with fruit / nut pieces

**Day before the colonoscopy (clear fluid diet):** All patients should have a clear fluid diet and are only allowed to eat / drink the following: cold water, orange / lemon squash, jelly, marmite drink, clear apple juice and ice lollies, slush puppies, clear boiled sweets, clear soup, chewing gum (no red or purple coloured food or drink).

**The following are not allowed:** No solid food, no milk, no fizzy drinks Ribena / blackcurrant, no pineapple juice, no red or purple jelly, no tea or coffee, no other sweets, no ice cream, no chocolate.

**Day of the colonoscopy:** They can have clear fluids up until **two hours prior to procedure** at which point they must not have anything else to drink in preparation for the anaesthetic.

## Contact us

For further administrative queries please contact paediatric admissions: **020 8725 3648**.  
For clinical queries, please contact the paediatric gastroenterology clinical nurse specialist (CNS): **020 8725 5050** or [gastro.cns@stgeorges.nhs.uk](mailto:gastro.cns@stgeorges.nhs.uk)

Jungle ward can be contacted on telephone **020 8725 2034/5**.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit [www.stgeorges.nhs.uk](http://www.stgeorges.nhs.uk)

## Additional services

### Patient Advice and Liaison Service (PALS)

PALS can offer you advice and information when you have comments or concerns about our services or care. You can contact the PALS team on the advisory telephone line Monday, Tuesday, Thursday and Friday from 2pm to 5pm.

A Walk-in service is available:

Monday, Tuesday and Thursday between 10am and 4pm

Friday between 10am and 2pm.

The Walk-in and Advisory telephone services are closed on Wednesdays.

Please contact PALS in advance to check if there are any changes to opening times.

PALS is based within the hospital in the ground floor main corridor between Grosvenor and Lanesborough wings.

**Tel:** 020 8725 2453 **Email:** [pals@stgeorges.nhs.uk](mailto:pals@stgeorges.nhs.uk)

### NHS UK

The NHS provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

**Web:** [www.nhs.uk](http://www.nhs.uk)

### NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

**Tel:** 111

### AccessAble

You can download accessibility guides for all our services by searching 'St George's Hospital' on the AccessAble website ([www.accessable.co.uk](http://www.accessable.co.uk)). The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.

