



Colonoscopy Bowel Prep

MiraLAX Prep Option

Infants and Children Under 15 kg (<33 lb)

PROCEDURE LOCATION

St. Vincent Hospital – Pediatric Preop, Door #1

2001 W 86th St, Indianapolis, IN 46260 (Surgery Parking Lot)

Pediatric Preop phone: (317) 338-5851

Arrive 90 minutes before your scheduled procedure

Scan for Google
Maps



For infants and children under 15 kg only

This handout uses an oral MiraLAX prep dosed by weight. If your child cannot tolerate oral MiraLAX, ask the office about the clear-liquids + saline-enema option.

✓ Plan Ahead — pick up from the pharmacy

- **Polyethylene glycol 3350** (MiraLAX, ClearLax, Equate, or any store brand) — only a small amount needed; see dose table below.
 - ⚠ **NOT** MiraLAX chewables — different medication.
- Pedialyte® or clear apple juice (for mixing the MiraLAX).
- Protective ointment (A&D, Desitin®, or Vaseline®) for the diaper area.

Medications: please prepare a list of the medicines your child is taking and ask which ones may need to be stopped. **Stop iron supplements and anti-diarrhea medicines 7 days before.**

📖 MiraLAX Dose by Weight

Your Child's Weight	MiraLAX Dose	How to Give
Under 5 kg (under 11 lb)	¼ capful (about 4 g)	Mix into 2–4 oz of Pedialyte or clear apple juice
5–9 kg (11–20 lb)	½ capful (about 8.5 g)	Mix into 4–6 oz of Pedialyte or clear apple juice
10–15 kg (22–33 lb)	¾ capful (about 13 g)	Mix into 6–8 oz of Pedialyte or clear apple juice

If your child has trouble drinking it all at once, offer it in small sips over 1–2 hours.

📅 3 Days and 2 Days Before the Procedure

- Continue your child's normal diet.
- Give one MiraLAX dose per day, mixed into juice or Pedialyte (see dose table above).

Day Before the Procedure

Low-residue foods — until 6:00 PM

AVOID	OK to eat
Baby cereal with whole grains, oats, or added fiber	Plain white rice or white rice cereal
Raw or dried fruits and vegetables	Plain pasta (no chunky sauce)
Beans, peas, lentils	White bread or crackers
Nuts, seeds, popcorn	Strained baby foods (no skins, seeds, chunks)
Chunky table foods, meats with gristle	Plain yogurt (no fruit pieces or granola); scrambled eggs

Liquids — with these specific cutoffs

AVOID	OK to drink
Solid foods after 6:00 PM	Formula (until 10:00 PM)
Formula after 10:00 PM	Breast milk (until 2:00 AM day of procedure)
Breast milk after 2:00 AM (day of procedure)	Pedialyte®; clear apple juice (no pulp); water
Anything red or purple (looks like blood)	Clear broth (chicken or vegetable, strained); popsicles or plain gelatin (no red/purple)

Apply protective ointment to the diaper area.

Fasting Rules — Day of Procedure

These times are counted backward from your child's scheduled procedure time:

What	When to Stop
All solid and low-residue foods	6:00 PM the day before
Formula	10:00 PM the day before
Breast milk	2:00 AM the day of procedure
Clear liquids (Pedialyte, water, clear juice)	3 hours before procedure time

After the clear-liquid cutoff, no food or drink. This keeps your child safe during anesthesia.

When to Call the Doctor

- Your child won't drink, or has dehydration signs: no tears, dry mouth, or no wet diapers for 6+ hours.
- Vomiting that prevents your child from keeping liquids down.
- Fever, bloody stools, or severe belly pain.
- You are unsure whether the prep is working.
- You have questions about your child's medications.

💡 Tips for Success

- Offer clear liquids frequently in small amounts — a syringe, sippy cup, or bottle may help. Frequent small drinks beat occasional large ones — better hydration, easier on the stomach.
- Popsicles and gelatin help keep your child hydrated. Avoid red and purple — they can look like blood.
- Expect frequent watery stools — this means the prep is working.
- Keep the diaper area well protected with ointment to prevent irritation.
- Bring comfort items for your child (favorite blanket, pacifier, lovey, etc.).

📖 Helpful Resources



Watch the prep video
Example only — follow this
handout, not the video.



Patient portal
Message us
Urgent: (317) 338-9450



GIKids.org
General info on pediatric GI
procedures.

Pediatric Gastroenterology at St. Vincent Hospital — Pediatric Preop, Door #1. For urgent issues call (317) 338-9450. This document is patient education material; for medical advice contact your healthcare provider.