

# Small Bowel/Patency Capsule:

## WHAT YOU NEED:

- One large bottle of **polyethylene glycol 3350**. The most common brand is MiraLAX® but ClearLAX, Powderlax, etc. are examples of generic store brands.



EXAMPLES OF POLYETHYLENE GLYCOL 3350 PRODUCTS

## HOW TO USE MiraLAX®:

- MiraLAX is a stool softener for children ages 6 months and older. It works by bringing more water into the colon and softening the stool, making it easier to pass.
- MiraLAX comes in a powder that is mixed in clear liquid.
- **One dose = 1 capful of powder + 8 ounces (1 cup) of one of the following clear liquids:**

- |                   |              |                                       |
|-------------------|--------------|---------------------------------------|
| • Water           | • Popsicles  | • Sprite®                             |
| • Flavored water  | • Gatorade®  | • Starry                              |
| • Jell-O® gelatin | • Powerade®  | • Apple juice                         |
| • Slushies        | • Pedialyte® | • White grape juice                   |
| • Icee®           | • Kool-Aid®  | • Chicken bouillon cubes (not canned) |



## AVOID:

- All solid foods
- Milk or dairy products
- Red- or purple-colored liquids
- Orange juice or juice with pulp
- Gatorade "Recovery" brand, which contains whey protein that should be avoided during prep

The goal of the bowel prep is clear stool from your child's intestine so we can safely see and navigate during the procedure.

- During the prep your child's stool should become waterlike or milkshake like and yellow/green in color.
- Your child needs to stay hydrated while doing their prep. Encourage extra clear liquids!
- Poor bowel prep will result in rescheduling the procedure.

LEARN MORE



## PLEASE FOLLOW THIS SCHEDULE

### At 12 p.m. (one day before procedure)

- Begin clear liquid diet (see list of acceptable clear liquids). **No solid food should be eaten.**
- Your child can have as much clear liquid as they want – **this is important to help keep your child hydrated.**

### Next: Give one dose of MiraLAX each hour as scheduled below

- 3 p.m.
- 4 p.m.
- 5 p.m.
- 6 p.m.

If your child's stools are water like, milkshake-like, yellow/green in color, they are ready for their procedure.

**If stools are not yellow/green in color continue giving more hourly doses of MiraLAX.**

## ADDITIONAL INFORMATION

If you have questions, call 816-234-3000 and ask for the GI doctor on call for recommendations.



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