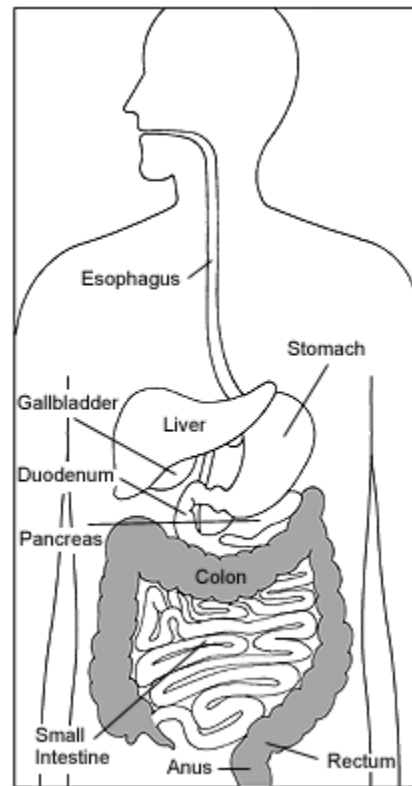


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## PEDIATRIC G.I. COLONOSCOPY

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*This brochure provides much of the information you should know about a colonoscopy. Please read it over carefully and if you have any questions, our staff is happy to respond. At Center for Children's Digestive Health, we are committed to providing you personalized, compassionate care.*

## WHAT IS A COLONOSCOPY?

A colonoscope is a thin, flexible tube that transmits light and images for physicians to view the rectum and entire colon. A colonoscopy can help diagnose inflammatory bowel disease, polyps and other abnormalities of the lining of the colon.

Tissue samples for biopsies can be obtained with the colonoscope. This tissue sample is viewed by a pathologist in diagnosing certain diseases. If a polyp is present it may also be removed with a colonoscope

## WHAT ELSE SHOULD I KNOW?

Our group rotates all four physicians in the operating room. **Therefore you may see one doctor in the office and another may perform the actual procedure.** The physician assistant corresponds with all four physicians to interpret biopsy results and follow your child's care after the procedure if needed in an office visit. Be assured the performing doctor will have the chart for review prior to the test.

## PREPARATION FOR THE PROCEDURE

**It is important to follow these instructions carefully to prevent having to have the colonoscopy cancelled or repeated.** The colon needs to be free of all stools so the doctor can safely see the colon lining. One day prior to the procedure, Your child should consume only clear liquids (i.e., any liquid you can see through such as

broth; bullion; clear, carbonated soft drinks; gelatin; popsicles and strained juices) but nothing that is **red\*** in color. **Your child is to have no solid food whatsoever.** The day prior to the procedure, follow the colon "cleanout" procedure below. Please note that all products are available in the laxative aisle of your local drug store and generic is acceptable. ***Grape magnesium citrate is acceptable and the BEST recommended flavor.***

8:00 am 10 oz. Magnesium Citrate  
12:00 pm 1 Dulcolax pill  
5:00 pm 10 oz. Magnesium Citrate  
8:00 pm 1 Dulcolax pill

## ALTERNATE STEPS FOR MAGNESIUM CITRATE

- 1.) Try diluting the magnesium citrate with whatever clear liquid your child will have for the day
- 2.) Try using an instant Jell-O mix by substituting the mag citrate for the water and solidify the Jell-O as usual.

Your child must not drink anything from midnight until the procedure is over. Nevertheless, if it is a late afternoon procedure, no drink 6 hours before the scheduled procedure time (you will receive a call the evening before the tests with specific info). If your child is taking any medications, the doctor will advise you which ones may be administered.

## YOUR CHILD'S COMFORT AND SAFETY ARE IMPORTANT

We understand that a medical procedure can be scary for your child. It is important for everyone to know that your child will be completely asleep for this procedure and will not feel any pain. Our staff is specially trained to help children deal with the anxiety of the procedure and the hospital environment. During the procedure medications

will be given intravenously (through an IV) to help your child relax and be free of any discomfort. Your child will be closely monitored to ensure safety. A specially trained physician (a pediatric anesthesiologist) will administer these medications to your child while the GI doctor performs the procedure. The type of medications to be used will be discussed with you prior to the procedure. If you have any questions about the procedure please do not hesitate to ask.

## THE DAY OF THE PROCEDURE

Please plan to arrive at the hospital one hour prior to the scheduled procedure time. This allows time for nursing assessment as well as the opportunity to meet with the Gastroenterologist and anesthesiologist. More importantly, it allows us more of an opportunity to make sure that your child is comfortably prepared for the procedure. Parent(s) may stay during the admission process until your child is ready for the procedure, but may not remain in the room during the procedure. This is for safety reasons for both you and your child. The procedure takes 45 minutes.

After the colonoscopy, you are welcome to sit with your child in the recovery area. Your child will remain in the recovery area for approximately one hour. Once your child is sufficiently awake and able to drink, you may leave the hospital. Your child's diet and activity can usually return to normal by the next day. Specific instructions regarding diet, activity and/or medication will be discussed with you before leaving the hospital.

After the procedure the pediatric Gastroenterologist will discuss the preliminary findings with you. Biopsy results will be available 1 week after the procedure and our physician assistant will follow your child's care at the next office visit.

## Your Child

is scheduled for an colonoscopy at

### Time

### Date

in the Ambulatory Surgery section of Lutheran General Hospital. Please arrive at GI Lab/Ambulatory Surgery Registration 1 hour prior to the scheduled procedure time.

**Please note that the time of the procedure may change by either 1-2 hours earlier or 1-2 hours later. Ambulatory surgery will call you the evening before to go over the time and instructions with you.**

For your convenience our office will take care of calling your insurance for pre-certification. If you have an insurance that requires a referral, such as a HMO, POS, or MC plan please make sure that a referral is on file for this procedure.

If your insurance changes prior to the colonoscopy please make sure that you provide us with a front and back copy of the insurance card that will be effective during the date of service, otherwise we will not have the necessary information to do the pre-certification or to bill the correct insurance.

Cancellations: If you need to reschedule the procedure for any reason, please notify our office as soon as possible. Please note patients that are scheduled for a surgical procedure (i.e. endoscopy, colonoscopy, etc) must allow at least 3 business days notice of your intent to cancel. Otherwise there will be a late cancellation fee of

\$100, which will be your personal responsibility, NOT the insurance company.

### Pediatric Surgical Tours

Pediatric patients (ages 3 to 9) scheduled for surgery at Advocate Lutheran General Hospital and their parents can attend a free pediatric surgical tour on alternating Saturday mornings and Tuesday afternoons. The tour includes a visit to the operating room, a video presentation and the opportunity to meet with surgical nurses to discuss what to expect the day of the surgery. To register, call 1-800-323-8622.

If you have any questions or concerns, please call our office at 847-723-7700.



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