

**IOANNIS & PAVLOS KAIMAKLIOTIS**  
**Gastroenterology - Hepatology**  
**American Board Certified**  
1, Troias 2023 Strovolos Nicosia  
Tel: 22465999, 99312830, 97774178

Patient name:

Date/time of procedure:

## **COLONOSCOPY PREPARATION FOR CHILDREN UNDER 14 YEARS**

### ***1 DAY BEFORE THE PROCEDURE***

- **Light breakfast until 9:30 am:** Coffee, white toast (cold cuts, egg), juice (not fresh) or white cereals such as classic corn flakes. It is forbidden to include fruits or vegetables in your breakfast (as well as cucumbers, tomatoes, etc.).
- **9:30 am until 9:00 pm:** Be sure to drink liquids such as water, fresh juice, tea, milk, Lucozade, Gatorade, jelly (not red), mahalepi, granita ice cream and chicken/vegetable broth.
- **11:00 am:** Take 50ml Senna plus liquid
- **16:00 pm:** Take 50ml Senna plus liquid

### ***DAY OF PROCEDURE***

- **6:00 am - 6:30 am:** Use 1 (one) Fleet enema

**Instructions:** To use the enema, lie down on your left side with your knees bent. Remove the cap from the applicator tip and gently insert the tip into the rectum. For best results, stay lying down and hold in the enema until you feel the urge to have a bowel movement.

Do not drink anything until the endoscopy procedure.