



EGD + Colonoscopy Prep

Clear Liquids + Saline Enema Option

Infants and Children Under 15 kg (<33 lb)

PROCEDURE LOCATION

Surgery Center of Carmel

12188-A N Meridian St #150, Carmel, IN 46032

Surgery Center phone: **(317) 569-8250**

Arrive 1 hour before your scheduled procedure

Scan for Google
Maps



What Are These Procedures?

Your child is scheduled for **two procedures done back-to-back** while asleep under anesthesia:

- **EGD (upper endoscopy)** — a thin camera is passed through the mouth to look at the esophagus, stomach, and the first part of the small intestine. Small biopsies are usually taken.
- **Colonoscopy** — the same kind of camera is passed through the bottom to look at the large intestine. Biopsies are usually taken here too.

Both procedures together take about **30–60 minutes**. Your child will not feel anything. The colonoscopy needs the bowel-prep instructions below; the EGD only needs the fasting times. Follow both.



USE THIS OPTION ONLY IF DIRECTED BY THE DOCTOR

This handout describes a **clear-liquids + saline-enema** prep for infants and children under 15 kg. Use this protocol **only when our office has specifically directed you to do so**. If a saline enema was not prescribed for home use, do not give one — the doctor will administer it just before the procedure.

Plan Ahead — pick up from the pharmacy

- Pedialyte® or clear apple juice.
- Clear broth (chicken or vegetable).
- Popsicles or plain gelatin (no red or purple colors).
- Saline enema — **only if prescribed**, or if we have separately instructed you to give one.
- 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.**

Day Before the Procedure

AVOID	OK to drink
All solid foods	Formula or milk (until 12:00 PM)
Formula or milk after 12:00 PM	Breast milk (until 8:00 PM)
Breast milk after 8:00 PM	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)

Saline enema (only if directed)

If your doctor prescribed a saline enema for home use, give it in the evening. The dose is **10 mL per kg of body weight**. If you were not told to give one at home, the doctor will give it right before the procedure.

Apply protective ointment to the diaper area.

Fasting Rules — Day of Procedure

These times are counted backward from your child’s scheduled procedure time. The fasting rules apply to both the EGD and the colonoscopy.

What	When to Stop
Formula or milk (1 year and older)	12:00 PM the day before
Breast milk	8:00 PM the day before
Clear liquids (Pedialyte, water, clear juice)	2 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 Surgery Center of Carmel. For urgent issues call (317) 338-9450. This document is patient education material; for medical advice contact your healthcare provider.