



**The Portland Hospital**  
for Women and Children

# Preparation for Colonoscopy

1. On the day of admission, the day before their colonoscopy, your child may have breakfast. After this your child may only have clear fluids, orange squash, lemonade, coca-cola, but no Ribena, cherryade or blackcurrant drinks, which stain the bowel red, and makes examination difficult.
2. Please try and come to the ward for 2.00 p.m. on the day of admission so you can settle in before the bowel preparation starts.
3. In order to make a diagnosis, the bowel must be clear of faeces. Medicine is given at 3pm, 6pm and 6am, the next morning to activate this. If your child is unwell, having diarrhoea or has diarrhoea quickly, all the medicine may not be necessary. This will be decided on the day.
4. Specimens of stool will be taken to check for infection, also a urine sample. Your child will be asked to use a bedpan when passing stools so we can see them and keep a chart. The bedpans fit inside the toilet.
5. On the morning of colonoscopy, emla cream (a cream that numbs the skin) will be put on your child's hand so a needle can be put in for blood tests and for the medicine to make him sleepy while having the colonoscopy. The needle will stay in until the end of the test.
6. Between 9.00 am and 12.00 noon your child will go in a chair or walk with you for the colonoscopy. They will need to wear a gown and you can watch the procedure. They will be given an injection into the needle to make them sleepy. Afterwards they will return to the ward on a trolley. Once they are awake, they can eat and drink normally.
7. The doctors will decide the length of your stay on the ward once the provisional results are available.

## **Contact**

5<sup>th</sup> Floor  
The Portland Hospital  
209 Great Portland Street  
London, W1W 5AH  
Tel: 020 7390 8268  
Fax: 020 7390 8105

## **Disclaimer**

Whilst this leaflet aims to provide you with useful advice and information it must be noted that it should only act as a guideline. Should you have any further concerns about this procedure, it is advisable that you discuss it with your Consultant.