

## Preparation for an endoscopic examination

### Pediatric colonoscopy

Preparation with enemas:

1. Keep a low-fiber diet for 3 days (see below).
2. On the day before the procedure at 3:00 p.m. (after lunch), it is necessary to take castor oil - at the rate of 15 grams (1 tablespoon) per 30 kilograms of weight. Drink a glass of water.
3. After a natural bowel movement, it is necessary to have two enemas (with an Esmarh's mug) 1-1.5 liters each. Enemas are performed with room temperature water at 7:00 p.m. and 9:00 p.m.
4. Then a light dinner is allowed (scrambled eggs and sweet tea).
5. In the morning of the procedure (at 7:00 a.m.), it is necessary to have two enemas.

### Preparation with PICOPREP medication

1. Keep a low-fiber diet within 2 days (see below).
2. On the day before the procedure PICOPREP medication is taken.

#### 1-2-year-olds

In the morning: dissolve 1/4 of the contents of a sachet in a glass of water (150 ml - "plastic cup") and drink the mixture.

In the daytime: dissolve 1/4 of the contents of a sachet in a glass of water (150 ml) and drink the mixture.

**During the day it is necessary to drink at least 3 liters of water.**

#### 2-4-year-olds

In the morning: dissolve 1/2 of the contents of a sachet in a glass of water (150 ml) and drink the mixture.

In the daytime: dissolve 1/2 of the contents of a sachet in a glass of water (150 ml) and drink the mixture.

**During the day it is necessary to drink at least 3 liters of water.**

#### **4-9-year-olds**

In the morning: dissolve the contents of 1 sachet in a glass of water (150 ml) and drink the mixture.

In the daytime: dissolve 1/2 of the contents of a sachet in a glass of water (150 ml) and drink the mixture.

**During the day it is necessary to drink at least 3 liters of water.**

#### **9-year-olds and older**

In the morning: at 8:00 a.m. (or 9:00 a.m.) drink a glass of water, then dissolve the contents of 1 sachet of PICOPREP in half a glass of water (120 ml). After that drink the mixture and drink a glass of water.

**During the day it is necessary to drink at least 3 liters of water.**

**NB!** If after the first dose of PICOPREP your child feels unwell and nauseous, he or she may eat **onesandwich** with butter and cheese on white bread at 1:00 p.m.

At 4:00 p.m. (or 5:00 p.m.) it is necessary to drink 1 glass of water, then dissolve the contents of 1 sachet of PICOPREP in half a glass of water (120 ml). Then drink the mixture. Afterwards drink one glass of water.

**The residue of the prepared solution is poured out.  
The prepared solution is not intended for storage!**

During the day your child should consume enough liquids (clear juices, infusions, water, sweet tea). A light dinner is allowed (scrambled eggs and sweet tea).

**The child is not allowed to eat or drink on the morning of the examination!**

### LOW-FIBER DIET

**It is necessary to exclude from the diet:**

1. All fruits and vegetables (fresh and cooked).
2. Cereals, porridge, muesli, nuts, whole-grain bread, rye bread.
3. Milk.
4. All seafood.

Foods that can be consumed within 2-3 days before a colonoscopy:

1. Low-fat broth, pasta, peeled potatoes, white rice.
2. Boiled poultry, veal, beef, lean fish, eggs, cheese.
3. Plain yoghurts, chocolate, jelly, marshmallow, sorbet.
4. White bread, cookies without cream filling, crackers, muffins, waffles, pancakes.

**IMPORTANT:** anesthesia, biopsy, polypectomy, and histological analysis of the biomaterial are not included in the base cost of a colonoscopy.