

OTHER INSTRUCTIONS

- Please note that there may be a delay between reporting to the waiting room and the start of your procedure. It is not possible to indicate a precise time for starting your procedure because the procedures being done on the previous patients may take more or less time than usual.
- You must bring your OHIP card
(Either white with a red stripe or green)
- Please allow extra time to find a parking space, as parking is limited.
- Please prepare to be here for 2 to 3 hours (or so).

**If unable to keep this appointment,
please call the Nurse Case Manager
at 519-685-8177.**

OR

**GA Program Nurse at
519-685-8500 ext. 56741.**

Patient Information

Paediatric ENDOSCOPY UNIT

Name of Patient: _____

Date: _____

Check in at the Paediatric Medical Day Unit

(B1-200) at _____

**London Health Sciences Centre
Victoria Hospital**

800 Commissioners Road East
London, Ontario N6A 5W9

A general anaesthetic will be used for sedation so a parent (or legal guardian) must be present.

The parent or guardian must remain in the hospital to wait for the child.

The patient should leave all jewelry at home, remove any nail polish, bring all current medications, and wear comfortable clothing.

No scented products are permitted.

INFORMATION ABOUT THE PROCEDURE

Checkmark indicates procedure to follow.

Upper Gastrointestinal Endoscopy

A soft flexible, fibre optic tube will be passed through your mouth into your esophagus. The esophagus, stomach and duodenum are then carefully inspected and a biopsy (a small piece of tissue) may be taken.

Esophageal Dilatation

Soft flexible tubes may be passed through the mouth into the esophagus, or a balloon may be passed (through the scope) that can be inflated, to stretch the passage to make swallowing easier.

- Preparation:** Have nothing to eat after a light supper, the evening prior to the procedure (no raw fruit or vegetables).

Clear fluids are permitted until _____ (4 hours before the procedure begins).
See clear fluid list in next panel

Colonoscopy

A colonoscopy is the insertion of a long flexible tube, (about the thickness of a finger) through the rectum into the large intestine (colon). This procedure allows the doctor to carefully examine the lining of the colon. Abnormalities suspected can be confirmed and studied in detail. Some abnormalities are too small to be seen on x-ray. Biopsies (a small piece of tissue) are usually taken to confirm diagnosis.

Preparation one week before

Child is to be **off iron** for one week. Iron sticks to the bowel wall and interferes with seeing the bowel wall.

Three days prior to test

Child needs to start a Low fibre diet:

Do not have seeds, fruits, bran, whole wheat, or vegetables.

May have pasta, meat, potatoes, etc.

Preparation for Colonoscopies

_____ (date)

Purchase _____ envelopes of Sodium Picosulfate (Pico-Salax or Purgodan) from your pharmacy. PLEASE DO NOT FOLLOW INSTRUCTIONS ON BOX.

Follow the instructions below.

NO FOOD is allowed.

Drink only clear fluids: Gatorade, broth, Jello (made at home, not store bought), Mr. Freezies, Popsicles, Kool-Aid, soft drinks, water and any "see through" juices. Milk and juices with pulp are **not** permitted. Red food coloring must stop after the diarrhea becomes clear (looks like pee).

The bowel cleansing effect is improved by the amount of clear fluids consumed. Cramps and diarrhea are expected so stay close to a toilet. Drink large amounts of clear fluid to avoid dehydration, nausea, and cramps.

Mix each envelope of Sodium Picosulfate (in a tall glass) with G2 gatorade (orange, lemon, or lime flavour). Add ice for comfort. This blend will make the Sodium Picosulfate taste better. Drink over 20 to 30 minutes.

At 10 a.m. the day before the procedure, drink the first _____ envelope of Sodium Picosulfate followed by 1 - 2 cups of clear fluid per hour (at least).

At 2 p.m. (same day) drink the second _____ envelope of Sodium Picosulfate followed by another 1 - 2 cups of clear fluid per hour (over the next several hours).

At 6 p.m. (same day) drink the third _____ envelope of Sodium Picosulfate, **if** still having formed stool.

Continue to drink as much clear fluids as you can until _____ (4 hours before the procedure begins).

No more Jello or broth after midnight.

If your child has difficulty tolerating the bowel prep, please call the Nurse Case Manager or the GA Program nurse for further instructions. If your child is on medication or insulin on a regular basis, please discuss this with your nurse and/or doctor.

After the procedure:

Your doctor will speak with you while your child is being monitored. Once he/she is awake enough, the nurse will invite you back to the bedside to be with your child. When ready, you and your child will be taken back to the prep area in the Paediatric Medical Day Unit for discharge.

There, your child will be offered a popsicle, juice, soft drink, or water. Monitoring will continue until ready for discharge. It is very important that your child passes gas during this recovery period.



Children's Hospital
London Health Sciences Centre