Colonoscopy for Kids

What is a Colonoscopy?

Your doctor has recommended a Colonoscopy. This is a special test that allows your doctor to look directly into the last part of the intestines to help find out why children have diarrhea, bleeding and stomach pain. This can help your doctor explain why you might have tummy (stomach) pain, watery poops (diarrhea) or bleeding when you go to the bathroom.

Reasons why children may need a Colonoscopy?

There are many reasons why children may need a colonoscopy including:

- Blood in the poop
- Diarrhea
- Belly pain
- Bottom pain

What happens before, during, and after the test?

Before the test, your child will be given medicines to be swallowed to flush out all of the poop (also called stool). They will also need to drink lots of clear fluids. It is important that during this time, your child does not eat any food. By getting all of the poop out, it allows your doctor to see what’s happening inside. On the morning of the test, your child is not supposed to eat or drink anything as this can cause problems with the medicines used to help your child sleep during the test. Your nurse or doctor will tell you when to stop eating and start the medicines.

During the test, your child will be lying down on a table on their back or side. Monitors will be attached to their body to monitor your child’s breathing, blood pressure and heart rate during the procedure. Your child will receive a sedative medication through a vein in their arm. This medication helps them relax and sleep during the colonoscopy.

The physician will insert a long, flexible, lighted tube into your child’s rectum and slowly guide it into their colon. The tube is called a colonoscope. A tiny camera on the end of the colonoscope transmits images of the inside of the colon, so the physician can carefully examine the lining of the colon. Your doctor watches the monitor to look for abnormalities in your child’s lower digestive tract. If abnormalities are found, your doctor may record images for later examination. To help the colonoscope move through the lower digestive tract, gentle air pressure may be fed into the colon. This inflates the digestive tract so the colonoscope can move freely and the folds of your child’s digestive tract are more easily examined. The scope bends, so the physician can move it around the curves of your child’s colon. If there’s a need to collect a tissue sample, your doctor will pass special tools through the endoscope. Your doctor watches the video monitor to guide the tools.

When your doctor has finished the exam, the colonoscope is slowly retracted through your child’s colon and back out through their bottom. Colonoscopy typically takes 30 to 60 minutes, depending on your situation.

After the test, your doctor may have pictures to show you and your family. At the same time, he/she can tell your family if there are any medicines for you. Once you are drinking well, you can start eating again and go home. A few kids feel sick after the test and may be watched a little longer until they feel better. Once you’re at home, your child may experience some mildly uncomfortable signs and symptoms after colonoscopy, such as: bloating, gas, and cramping. These signs and symptoms will improve with time. If you’re concerned or quite uncomfortable, call your doctor.

After the test, have your parents call your doctor if you have...

- Tummy pain for more than an hour.
- Throwing up several times.
- Bleeding. Passing small amounts of blood (less than a spoonful) may be normal for 1-2 days, but if it is more than that or it continues let your parents and doctor know.
- Persistent fevers.
Your Colonoscopy Information:

Procedure: ________________________
Scheduled for: _____________________

COLON PREP:

Day before procedure, start full/clear liquid diet (jello, apple juice, popsicles, Gatorade, white grape juice, 7-up, crystal light, water, broth)

Magnesium Citrate (over the counter):
Take _____ ounces at 4pm, 5pm and 6pm. Continue clear/full liquid diet until pt goes to bed.
(You can enhance the flavor by adding Kool Aid powder or Crystal Light)

No food or drink after ____________ the night before

On the Morning of the Procedure
(Arrive 1 hour before your procedure):

Long Beach/Miller Children’s Hospital Medical Center:
2801 Atlantic Ave
Long Beach CA 90806

Check in at admitting in the Children’s Hospital Lobby at ____________.
Then go to:
  o 1st floor infusion Center
  o GI Lab

Torrance Memorial Medical Center
3330 Lomita Blvd.
Torrance, CA 90505

Check in at the GI lab at ____________.