

What is an EGD and Colonoscopy?

An EGD (also called an upper endoscopy) is a procedure in which the doctor looks directly into the esophagus, stomach and upper small intestine (duodenum) with a narrow bendable tube.

A colonoscopy is a similar procedure where the doctor looks in the last part of the intestines (the colon).

Rarely polyps are encountered in the colon. These are small growths within the lining of the colon that will be removed for microscopic examination.

Very small tissue samples (called biopsies) will be taken – these are painless – in order to evaluate for an underlying reason for your child's symptoms.

Colonoscopy Clean-Out

The entire day (including school) before the procedure, the diet must be nothing but clear liquids, such as clear broths, sports drinks, popsicles and Jell-O. Avoid solid foods, smoothies, milk or non-clear liquids. Please avoid red liquids.

Miralax Prep

- Mix 8 capfuls of Miralax powder in 32 oz of Gatorade

or

- Mix 16 capfuls of Miralax powder in 64 oz of Gatorade

Drink this mixture in less than 4 hours, beginning in the mid afternoon. Drinking small amounts (4-8 oz) every 30 minutes is easier than trying to drink a large amount all at once.

- Once completed, take 1 Ex Lax Chocolate tablet (available OTC)

If instructed to follow a 3-day low-residue diet prep (avoiding high-fiber foods, nuts, seeds, raw fruits and veggies), we have an additional form that describes this diet in detail

Upper Endoscopy (EGD) and Colonoscopy



Procedure Appointment:

We will contact you within 5 business days to schedule

- Pre-op Appt: _____
- COVID Test Date: _____

Sedation

An EGD and colonoscopy are done under sedation. This means that your child will be asleep during the entire exam.

Your child's sedation will be performed in the Pediatric Sedation Center (PSC), which is located in the Pediatric Intensive Care Unit (PICU, unit 3A) on the 3rd floor of the main hospital (Building 2).

Typically, an IV will be placed prior to the procedure to give sedation medication. A physician and nurse will be in the room the entire time, providing and monitoring the anesthesia.

For questions related to the sedation, please contact the Sedation Center at 953-3521.

Please call the GI clinic if your child is sick (fever, breathing difficulties) prior to your procedure.

Before the Procedure

Closely follow the clean-out instructions on the back of this pamphlet.

A good cleanout is essential to allow visualization of the entire colon. A poor cleanout may result in the need to cancel the procedure.

Please ensure that your child does not eat or drink anything after midnight the evening before the procedure.

Small sips (<1 oz) of clear liquids (not milk) are allowed up to 2 hours before scheduled arrival time.

For Wednesday or Thursday procedures, please arrive an hour before your scheduled sedation and go to the Admission Office (first floor) to sign your child in to the hospital and receive their chart..

Pediatric Gastroenterology
Naval Medical Center Portsmouth
(757)-953-4529



After the Procedure

You will meet your child in the recovery room, where they will be monitored closely by the recovery team until discharge. They will have no memory of the exam.

The gastroenterologist will meet with you to discuss the findings.

The biopsies will be sent to the pathology lab for processing and analysis; this typically takes 7-10 days.

Most children feel fine after the procedure. Some may have a mild sore throat, indigestion or mild abdominal discomfort.

Gas is used to visualize the colon; walking is the best way to pass this gas quickly.

Passing a small amount of blood after the procedure is normal.