Pediatric Capsule Endoscopy Placement Prep

21 DAYS BEFORE OR AS SOON AS POSSIBLE:

Purchase from your local pharmacy over the counter:

- ☐ **One (1) – 8.3 ounce bottle of Polyethylene Glycol (PEG) 3350 Powder**
  - MiraLAX, SmoothLAX, ClearLAX or generic equivalent
  - You will need at least 7 capfuls or 119gm.

- ☐ **32 oz. Gatorade®** (**NO** red coloring)
  - Regular Gatorade®, Gatorade G2®, Powerade®, Powerade Zero®, Pedialyte, Propel®, Liquid IV

PREPARATION For the patient's safety, **STOP** consuming all liquids and nothing by mouth **3 HOURS** prior to the procedure or the procedure will be cancelled and rescheduled.

- ☐ Ensure a legal parent or guardian will be available the day of the procedure
- ☐ Make plans to be with your child or have another trusted adult present for up to 24 hours after the procedure

IMPORTANT: Read this section if your child takes diabetes or weight loss medications. This includes **GLP-1** medications (Ozempic, Wegovy, Trulicity, Rybelsus, others) or **SGLT-2** medications (Invokana, Farxiga, Jardiance, Steglatro).

If they take these medications:

- ☐ **STOP** the medication according to the guidelines in this section
- ☐ **Start a CLEAR LIQUID DIET at least 24 HOURS before the procedure**
  - This may be earlier than the standard instructions (which start at 12:00 PM the day before the procedure)
  - Example: Procedure at **8:00 AM** - Start clear liquids at **8:00 AM the day before**

GLP-1 Medications

- ☐ **Daily injections** (such as Victoza):
  - Stop the **day before and the day of the procedure**

- ☐ **Weekly injections** (such as Trulicity, Ozempic, Wegovy, Bydureon, Mounjaro):
  - Stop **7 days before the procedure**

- ☐ **Oral tablets** (such as Rybelsus, Wegovy, Foundayo):
  - Stop **7 days before the procedure**

SGLT-2 Medications

- ☐ **Oral tablets** (such as Invokana, Farxiga, Jardiance, Steglatro):
  - Stop **4 days before the procedure**

If they take GLP-1 or SGLT-2 medicines for diabetes: Call your primary care provider or diabetes doctor (endocrinologist) for blood sugar instructions.

Holding these medications and following a clear liquid diet helps keep your child safe during the procedure and helps prevent cancellation.

Cancel or Reschedule the Appointment:
If the patient is having symptoms of a cold or flu (such as fever, cough, shortness of breath) within 14 days of the appointment please call to reschedule. If the patient has any newly diagnosed medical conditions (like heart problems or breathing problems), please call our office. If you need to cancel or reschedule for any other reason, call 612-871-1145 at least 72 hours prior to the appointment.

7 DAYS BEFORE THE PROCEDURE:

- ☐ **STOP taking iron and fiber supplements** (this includes multivitamins with iron, Metamucil® and Fibercon®.)

1 DAY BEFORE THE PROCEDURE:

- ☐ **STOP** eating solid food at **12:00 PM**
- ☐ **BEGIN** clear liquid diet (only liquids you can see through- no red)
  - **See "Clear Liquid Diet" information below**
- ☐ Between **4-6 PM**
  - Mix half (1/2) bottle (7 capfuls=119mg) of MiraLAX with 32oz of electrolyte beverage
    - You can add more electrolyte beverage or up to 8oz of water if needed
  - Drink MiraLAX-electrolyte mixture (~one 8oz glass every 15min).
  - Continue drinking 8 oz glasses every 15 minutes until the mixture is gone.
- ☐ Continue with a clear liquid diet

DAY OF THE PROCEDURE:

- ☐ **DO NOT EAT:** any solid food. Clear liquids **ONLY**
- ☐ **DO NOT HAVE:** dairy (including coffee creamer), alcohol, oils or pulp
- ☐ **DO NOT USE:** chewing tobacco, THC, marijuana, or illicit drugs
- ☐ **DO NOT TAKE:** any chewable vitamins or supplements.

If they do not follow instructions, the procedure may be cancelled

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- They may take daily medications **3 hours BEFORE the procedure.** Use a small sip of water only.
    - This includes:
        - Heart and blood pressure medications
        - Blood thinners **(unless you were told to stop)**
        - Methadone
        - Anti-seizure medications
- A belt with sensors will be placed across the patients abdomen, over their clothing. Please wear a thin, natural-fiber top, such as a T-shirt, that is long enough to reach their hips. You may wear a visible recorder belt during the test.
- **If the patient is scheduled for an MRI:** After ingesting the capsule and until it is excreted, you should not have a Magnetic Resonance Imaging (MRI) examination or be near an MRI machine.

3 HOURS BEFORE THE PROCEDURE

- **DO NOT** take anything by mouth.
- **DO NOT HAVE**: lozenges, gum, hard candy, or breath mints. **If they do, the procedure will be cancelled.**

Are you ready?

The patient is ready for the exam, if they followed all instructions and their stool is no longer formed, but clear or yellow liquid. If you are unsure whether their colon is clean, please call our office at 612-871-1145 before you leave for the appointment.

Clear Liquid Diet

- For more details on following a clear liquid diet, please see https://www.mngi.com/conditions/clear-liquid-diet.
- To meet energy needs, please include liquids that both contain sugar as well as those without. If your child is a diabetic, consult your physician for a diabetic meal plan.
- Clear liquids are anything that you can see through (NO red).
- Examples of a clear liquid diet include: water, clear broth or bouillon (gluten-free options available), Gatorade, Pedialyte or Powerade, carbonated and non-carbonated soft drinks (Sprite, 7-Up, Ginger ale), clear juices (apple, white grape, white cranberry), Jell-O, popsicles, and up to one (1) 8 fl. oz. cup of dark soda, black coffee or tea (no milk or cream) each day.
- **DO NOT use or drink the following on a clear liquid diet:** red liquids, alcoholic beverages, dairy products, protein shakes, cream broths, juices not listed above, products that have oil, or chewing tobacco. **If they do, the procedure will be cancelled.**

Colon Emptying Tips:

- Encourage plenty of fluids to prevent dehydration. Offer clear liquids often.
- Plan to stay close to a toilet as the patient will have frequent, loose stools (diarrhea)
- Even if the patient is sitting on the toilet, continue drinking the mixture every 15 minutes
- If the patient feels nauseas or vomits, have them rinse their mouth with water, take a short break (15-30minutes), then restart as directed
- If the patient has had nausea or vomiting with previous colonoscopy preps or if you think they will have an issue, start earlier and go slower with the prep. For example, if prepping at 4:00pm start prep at 3:00pm and drink the mixture every 20-30 minutes.
- They may be uncomfortable until the stool has emptied from their colon (in about 2-4 hours).
- They may feel cold or have chills.
- Allow extra time to get to the procedure as you may need to **STOP** for a restroom along the way. You may want them to wear disposable underwear.

For detailed information about the procedure please visit:
https://www.mngi.com/search/patient-services
https://www.mngi.com/patient-procedure-faqs