Pediatric Upper Endoscopy with Bravo pH with Colonoscopy- Full Prep

21 DAYS BEFORE OR AS SOON AS POSSIBLE:

Purchase items for Full Prep. We recommend purchasing a Prep Kit from MNGI Digestive Health. You can visit https://www.mngi.com/colonoscopy-prep-kits **or scan the QR code.** Gatorade and Ex-Lax Chocolate Squares are not included in the prep kit and needs to be purchased separately.

- ☐ **Two (2) Bisacodyl Tablets- 5mg each OR Two (2) Ex-Lax Chocolate Squares- 15mg each**
  - For Bisacodyl Tablets: Ensure medication is Dulcolax® laxative tablets, NOT Dulcolax® stool softener.
- ☐ **One (1) – 8.3 ounce bottle of Polyethylene Glycol (PEG) 3350 Powder**
  - MiraLAX, SmoothLAX, ClearLAX or generic equivalent

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

Upper Endoscopy and Bravo pH Prep

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**
  - 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.

Bravo pH Test without Stomach Medications:

Several medications alter the pH level of the stomach. The provider would like the patient to **STOP** their medications. The medications listed below will need to be stopped prior to the test (other medications may be continued). **The test will need to be rescheduled if these medications are not stopped.**

- Please visit https://www.mngi.com/resources to watch the video "**Your Bravo pH Test Experience"** It is important that both you and your child watch this video before the test.

7 DAYS BEFORE PROCEDURE:

- **STOP** taking Aciphex® (rabeprazole), Nexium® (esomeprazole), Prevacid® (lansoprazole), Dexilant® (dexlansoprazole), Prilosec® (omeprazole), Protonix® (pantoprazole) and Zegerid® (omeprazole/sodium bicarbonate)

2 DAYS BEFORE PROCEDURE:

- **STOP** taking Reglan® (metoclopramide), Pepcid® (famotidine), Tagamet® (cimetidine), Zantac® (ranitidine), Axid® (nizatidine) and Carafate® (sucralfate)

24 HOURS BEFORE PROCEDURE:

- **STOP** taking over the counter antacids such as Tums®, Rolaids®, Maalox® and Mylanta®

If the patient is scheduled for an MRI: After ingesting the capsule and until it is excreted, they should not have a Magnetic Resonance Imaging (MRI) examination or be near an MRI.

Colonoscopy Prep

7 DAYS BEFORE THE PROCEDURE:

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

3 DAYS BEFORE THE PROCEDURE:

- ☐ **Start a Low-Fiber Diet**
  - Look at the food label for fiber
  - Eat only 10-15 grams of fiber each day
- ☐ **DO NOT eat these foods:**
  - Raw fruits and vegetables
  - Berries and dried fruits
  - Seeds, nuts, popcorn
  - Bran or whole wheat foods
  - Beans, lentils, quinoa
- ☐ For more details on following a Low Fiber diet, visit: www.mngi.com/conditions/low-fiber-diet.

DAY BEFORE THE PROCEDURE:

- ☐ **DO NOT EAT:** any solid food. Clear liquids **ONLY** (only liquids you can see through-no red)
  - **See "Clear Liquid Diet" information below.**
- ☐ At **8:00AM**
  - Take two (2) 5mg Bisacodyl (Dulcolax®) tablets **OR** two (2) 15mg Ex-Lax chocolate squares
  - Mix 1 bottle of MiraLAX (14 capfuls) with 64oz of electrolyte beverage (a minimum of 56oz of electrolyte beverage should be used to mix MiraLAX. Up to 8oz of water can be added to achieve the desired 64oz).
- ☐ Between **12-2 PM**
  - Drink MiraLAX-electrolyte mixture (~one 8oz glass every 15min).
  - Continue drinking 8 oz glasses every 15 minutes until the mixture is gone.

Timing Adjustments: If the patient's schedule does not allow them to drink the prep between 12–2 PM (for example, due to school or work), they may adjust the timing by taking Dulcolax or Ex-Lax at **10 AM** and drinking the MiraLAX–electrolyte mixture between **4–6 PM**.

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

- 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

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