

Pediatric Upper Endoscopy Prep

Endoscopy Preparation Timeline

Check boxes ☐ as you progress!



If You Take GLP-1 or SGLT-2 Medications

Please read this section **ONLY** if you take a GLP-1 or SGLT-2 medication for weight loss or diabetes. If you do not take these medications, skip to the next section titled

"Before the Procedure."

- If you take any of these medications, begin a clear liquid diet **24 hours before your procedure**. Refer to the section **"GLP-1 or SGLT-2 Medication Holds"** on the last page for impacted medications and hold instructions.
- After reviewing hold instructions, proceed to **"Day of Procedure"** section



Before the Procedure

- ☐ Stay well-hydrated.
- ☐ **8 hours** before arrival time **STOP** eating solid foods and begin clear liquid diet (only liquids you can see through).
- ☐ **6 hours** before arrival time **STOP** milk/formula. NO alcohol, red liquids, dairy, oils, pulp, etc. (Clear liquids are okay during this time. Clear liquids include Popsicles, apple juice, Gatorade, Jell-O, Kool-Aid, or soft drinks).
- ☐ **4 hours** before arrival **STOP** breast feeding (Clear liquids are okay during this time. Clear liquids include Popsicles, apple juice, Gatorade, Jell-O, Kool-Aid, or soft drinks).

For additional details on following a clear liquid diet (includes rice cereal and thickeners for formula/milk), please visit
<https://www.mngi.com/conditions/clear-liquid-diet>



Day of the Procedure

- ☐ Continue clear liquid diet **ONLY**.
- ☐ Take your morning medications with sips of water **at least 3 hours prior** to your procedure.
 - This includes heart and blood pressure medications, blood thinners (if you have not been told to stop these by our office), methadone, and anti-seizure medications.
 - DO NOT take any chewable vitamins or supplements.
- ☐ **DO NOT** use chewing tobacco, THC, marijuana, or illicit drugs.



3 Hours Before:

■ **STOP** consuming all liquids. **NOTHING BY MOUTH** until after the upper endoscopy.

If you have questions, contact our office at 612-871-1145.



GLP-1 or SGLT-2 Medication Holds

Please read this section **only if you take one of these medications for weight loss or diabetes.**

Medications Impacted:

- **GLP-1 medications:** Ozempic, Wegovy, Trulicity, Rybelsus, Saxenda, Byetta, Mounjaro, or similar
- **SGLT-2 medications:** Invokana, Farxiga, Jardiance, Steglatro, or similar

If you take these medications for diabetes, then you need to contact your primary care team or endocrinologist for glucose management instructions.

Instructions:

- If you are taking any of these medications, begin a **clear liquid diet 24 hours before your procedure.**

GLP-1 Agonists

- **Once or twice daily injectables** (e.g., Byetta, Victoza, Saxenda): Hold the day before and the day of your procedure.
- **Once weekly injectables** (e.g., Trulicity, Ozempic, Wegovy, Bydureon, Mounjaro): Hold for 7 days before your procedure.
- **Oral daily dosing** (e.g., Rybelsus): Hold for 7 days before your procedure.

SGLT-2 Inhibitors

- **Invokana, Farxiga, Jardiance, Steglatro:** Hold for 4 days before your procedure.

For additional details on following a clear liquid diet, please visit
<https://www.mngi.com/conditions/clear-liquid-diet>



Additional Information:

- **Prep Information:** <https://www.mngi.com/endoscopy-info>
- **Appointment Changes:** If you are having symptoms of a cold or flu (such as fever, cough, shortness of breath) within 14 days of your appointment please call to reschedule. If you have any newly diagnosed medical conditions (like diverticulitis, heart problems, 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 your appointment.
- **Responsible Person Requirement:** Ensure a parent or legal guardian will be available on the day of the procedure. If they are not available, the procedure will be canceled. Make plans to be with your child or have another trusted adult present for 12 hours after the procedure.
- **Questions?** For answers to frequently asked questions about your visit, you can go to <https://www.mngi.com/patient-procedure-faqs>