Pediatric Upper Endoscopy with

Flexible Sigmoidoscopy Prep (Ages 10-17)

21 DAYS BEFORE OR AS SOON AS POSSIBLE:
Purchase from your local pharmacy over the counter:

- ☐ **TWO (2) –Saline Enemas (4.5fl oz per bottle)**
  - **Note:** Saline enema may be Fleets® brand or a generic alternative

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 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.

DAY OF THE PROCEDURE:

- **DO NOT EAT:** any solid food. Clear liquids **ONLY** (see eating and drinking guidelines and clear liquid diet below)
- **DO NOT HAVE:** dairy (including coffee creamer), alcohol, oils or pulp (see eating and drinking guidelines and clear liquid diet below)
- **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

Eating and Drinking Guidelines:
For the patient's safety, it is very important to have an empty stomach when anesthesia or sedation medicines are given. This is important because if vomiting occurs during the procedure, food or liquid can get into the lungs. If the patient has had even a small amount to eat or drink, unfortunately the procedure will be delayed or canceled. Please follow the following guidelines:

STOP Food	**8 hours** before scheduled **arrival** time
This includes rice cereal and thickeners for milk or formula ***Begin Clear Liquid Diet***	
STOP Milk or Formula	**6 hours** before scheduled **arrival** time
Clear liquids are okay during this time. *Clear liquids include Popsicles®, apple juice, Gatorade®, Jell-O®, Kool-Aid®, or soft drinks.*	
STOP Breast Milk	**4 hours** before scheduled **arrival** time
Clear liquids are okay during this time. *Clear liquids include Popsicles®, apple juice, Gatorade®, Jell-O®, Kool-Aid®, or soft drinks.*	

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.**

1 ½ HOURS BEFORE LEAVING FOR THE PROCEDURE:

- ☐ Rectally administer the 1st saline enema

1 HOUR BEFORE LEAVING FOR THE PROCEDURE:

- ☐ Rectally administer the 2nd saline enema

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 the patients 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.
- 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.**

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