Pediatric Upper Endoscopy and Flexible Sigmoidoscopy Prep (Ages 0-9)

21 DAYS BEFORE OR AS SOON AS POSSIBLE:

Purchase from your local pharmacy over the counter and refer to the age group based on your child's age on the day of the procedure.

- ☐ **Ages 2 years and under:** TWO (2) glycerin suppositories
- ☐ **Ages 3 to 7 years:** ONE (1) 10mg bisacodyl suppository
- ☐ **Ages 8-9 years:** TWO (2) 10mg bisacodyl suppositories

Note: Glycerin suppositories may be Fleets® brand or a generic alternative. Bisacodyl suppositories may be Dulcolax® 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.

Cancel or Reschedule Your Appointment:

If the patient is 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 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 your appointment.

NIGHT BEFORE PROCEDURE (Between 5-7pm):

Ages 2 years and under:

- ☐ Insert ONE (1) glycerin suppository

Ages 3 to 7 years:

- ☐ Insert HALF (1/2) of a 10mg bisacodyl suppository (5mg)

Ages 8 to 9 years:

- ☐ Insert ONE (1) bisacodyl 10mg suppository

DAY OF THE PROCEDURE:

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

For the patients 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 Solid 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 HOUR BEFORE LEAVING FOR THE PROCEDURE:

Ages 2 years and under:

- Insert ONE (1) glycerin suppository

Ages 3 to 7 years:

- Insert HALF (1/2) of a 10mg bisacodyl suppository (5mg)

Ages 8 to 9 years:

- Insert ONE (1) bisacodyl 10mg suppository

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.
- 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.**

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