Pediatric Flexible Sigmoidoscopy Prep

with or without Ileoscopy (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 on 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 the patient 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 is earlier than the standard instructions (which start at 11:45 PM the night 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.

THE NIGHT BEFORE THE PROCEDURE:

- ☐ **STOP** eating solid food at **11:45 PM**
- ☐ **BEGIN** clear liquid diet (only liquids you can see through- no red)
  - ☐ **See "Clear Liquid Diet" information below**

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 illegal drugs
- ☐ **DO NOT TAKE:** any chewable vitamins or supplements

If you 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
- ☐ Bring a new ostomy bag and appropriate adhesive in the event the bag needs to be replaced.

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?

Your child 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 your child's 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