

PEDIATRIC UPPER ENDOSCOPY PREP

To-do Checklist

- Review pre-procedure forms and follow preparation directions carefully.
- Ensure a legal parent or guardian will be in attendance the day of the procedure. If this is not possible, complete the consent form allowing a non-custodial parent to give consent.
- Make plans to be with your child or have another adult present for 12 hours after the procedure.

For your child's safety, **STOP** all liquids and nothing by mouth 3 hours prior to your child's procedure or the procedure will be cancelled and rescheduled. Please follow detailed instructions below.

Cancel or Reschedule Your Appointment:

If you develop COVID-19, are exposed to COVID-19 or have COVID-19 like symptoms at any point after you schedule this appointment, please call our office to determine if it is okay to proceed with your visit. COVID-19 guidelines for health care facilities may differ from community guidelines. In addition, if you are having flu-like symptoms (such as fever, cough, shortness of breath) within 14 days of your appointment, please call to reschedule. If you have any newly diagnosed medical condition (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.

Transportation:

The patient must be driven home from the procedure by a responsible person. Only one person is allowed to accompany the patient on the day of their procedure. A taxi ride is not an option unless the patient is accompanied by a responsible person. If a responsible person is not present, the procedure will be cancelled and rescheduled.

The night before your procedure:

- Stop eating solid foods and begin clear liquid diet at **11:45pm**. Clear liquids include things you can see through.
 - 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, Gingerale), strained fruit juices without pulp (apple, white grape, white cranberry), Jell-O, popsicles, and up to one cup of black coffee or tea (no milk or cream) each day.
 - The following are not allowed on a clear liquid diet: red liquids, alcoholic beverages, dairy products, protein shakes, cream broths, juice with pulp, products containing oil and chewing tobacco.
 - For additional details on following a clear liquid diet, please see <https://www.mngi.com/conditions/clear-liquid-diet>

Day of your procedure:

Morning Medications: Your child may take all morning medications including blood pressure medications, blood thinners (if you have not been instructed to stop these by our office), methadone, and anti-seizure medications with sips of water **3 hours prior to the procedure or earlier**. Do not take any chewable vitamins or supplements. If your child has diabetes, contact your monitoring provider for further direction on insulin and/or blood sugar management.

Continue the Clear Liquid Diet up to **3 hours prior to your procedure**, then stop drinking. Avoid red liquids, alcoholic beverages, dairy products, protein shakes, cream broths, juice with pulp, products containing oil, chewing tobacco and illicit drugs. Use of these will result in your procedure being cancelled.

- **3 hours prior:**
 - STOP consuming all clear liquids.
 - Do not take anything by mouth during this time.

Bring the following to your procedure:

- Insurance Card / Photo ID
- List of Current Medications
- Rescue Inhaler: Bring your child's rescue inhaler if they currently use one to control asthma
- Contact Lenses Supplies: Your child will be asked to remove contact lenses prior to the start of your procedure
- Advance Directives: If you have an Advance Directive, please bring a copy of your Advance Directive with you to your endoscopy appointment. Advance Directives are not honored at MNGI facilities, and in the event of a life-threatening situation, life support measures will be instituted in every instance and our patients will be transported to a higher level of care facility (i.e., hospital). In the unlikely event that you require an emergency transfer to a higher level of care facility, your Advance Directive should accompany you to that facility.

DESCRIPTION OF UPPER ENDOSCOPY

What is an upper endoscopy?

An upper endoscopy is a procedure performed to evaluate symptoms of upper abdominal pain, bleeding, nausea, vomiting or difficulty swallowing. During the procedure, the physician examines the lining of your esophagus, stomach and the first part of your small intestine through a thin, flexible tube called an endoscope. If growths or other abnormalities are found, the physician may remove the abnormal tissue for further examination, or biopsy. If you have difficulty swallowing, it may be possible for the area to be expanded during the procedure.

What to expect during your procedure:

Checking in at the main desk

At check-in your child will receive an identification bracelet. You will be asked to verify the spelling of your child's full name and birthdate.

Before the procedure:

A member of the pre-procedure care team will check your child's health including weight, blood pressure, pulse, oxygen level and time of last food and drink. Your child will also be asked if they completed the prep and the results of the prep.

In the pre-procedure area, a urine pregnancy test for females 12 years or older, or menstruating, will be done. The patient must be able to urinate in order to complete this test.

The patient will then change into a clinic gown and robe.

Care Team Visits

You will meet with your child's pre-procedure (admitting) nurse, gastroenterology physician, procedure room nurse, and anesthesia providers. They will explain the role they will play in the care of your child, and answer any questions and concerns you may have about your child's procedure. The gastroenterology physician will explain the procedure and you will be asked to sign an Informed Consent Form, which states that you understand the procedure, the risks and benefits, and gives your permission to perform the procedure.

The anesthesia care professional will complete a health assessment of your child and explain the sedation that will be used. You will again be asked to sign an Informed Consent Form stating that you understand the anesthetic plan and give your permission for the anesthesia care professional to care for your child.

What to expect during the procedure:

Your child will be brought to the procedure room by the procedure care team. You will be directed to the family waiting room where you will be asked to wait and WiFi access is provided. It is important that at least one parent remain in the procedure center at all times in case the physician or other care team member needs to talk with you.

During your procedure the anesthesia provider will administer medications and monitor vital signs which is a process known as Monitored Anesthesia Care (MAC). While most patients sleep through the procedure, some remain awake and aware. The anesthesiologist and/or certified registered nurse

anesthetist (CRNA) will help determine the appropriate type of drug to be used during the procedure to keep you safe and comfortable. If abnormal tissue or polyps are found, the physician may remove them through the scope for closer examination or biopsy.

What to expect after the procedure?

After the procedure your child will be transferred to the recovery room to wake up from anesthesia. Each child and procedure is unique, so the length of time spent in recovery varies. Your child will have an IV after the procedure.

A registered nurse will check your child's breathing, pulse, blood pressure, and oxygen saturations throughout their stay in recovery. Once awake and feeling ready to drink your child will be offered liquids and a light snack.

Your child will be monitored for side effects which may include irritability, dizziness, occasional nausea/vomiting, sore throat, headache, stomach ache and/or sleepiness.

The physician will talk with you about the initial results of your child's procedures. Any tissue samples or polyps removed during the procedure will be sent to a lab for evaluation. It may take 5-7 working days for you to be notified of the results by mail or through the Patient Portal.

Leaving the procedure area

When your child is ready to leave the endoscopy center you will receive discharge instructions from your care team. The child must have an adult with them for 12 hours after the procedure is completed.