

## Pediatric Procedure FAQ

### Preparing for Your Procedure

**Arrival:** Please plan to arrive **one hour before** your scheduled procedure time. Your arrival time is noted in your procedure information document, which you can find on your patient portal. **If your procedure is scheduled at Children's, their pre-op team will contact you 24–48 hours beforehand.**

Thank you for choosing MNGI Digestive Health.  
If you have any questions or need to reschedule your appointment, please call 612-871-1145.  
You can also visit our website at [www.mngi.com](http://www.mngi.com) for more information including forms and documents or our FAQs page at <https://www.mngi.com/your-visit/faqs>.

Thank you for choosing MNGI Digestive Health. You are scheduled for the following service(s):

**Procedure:** Colonoscopy  
**Date:** Friday, February 13, 2026  
**Arrival Time:** 09:00 AM  
**Procedure Time:** 10:00 AM  
**Provider:** Borovsky MD, Kristin  
**Location:** Maple Grove MNGI Endoscopy Center  
10150 Niagara Lane N Ste 200  
Maple Grove, MN 55369

If a parent or legal guardian is unable to accompany the patient to their procedure, they must be available by phone for consent. If the parent or legal guardian cannot be available, call 612-871-1145 to reschedule. The patient must have a trusted caregiver come with them who can explain their past health conditions and medications and safely drive them home after sedation.

### Medications:

Blood thinners and GLP-1/SGLT-2 medications may need to be held prior to the procedure. Please see our website or your prep instructions for additional information and call our office if you have questions.

- Do **not** take chewable vitamins or supplements the day of the procedure.
- All other daily medications (such as blood pressure, pain medications/narcotics, seizure medications, etc.) may be taken up until **3 hours before** the procedure (**6 hours** if you are having an EUS, EMR, ERCP, ESD, POEM or an EGD w/ double balloon procedure).

### CBD, Marijuana, Smoking:

- Do not use marijuana/THC the day of the procedure.
- Do not use CBD oil while on a clear liquid diet (the procedure will be cancelled). Other forms are allowed as long as you follow prep/NPO rules.
- It is best not to smoke on the day of the procedure to prevent irritation to your airway. Nicotine patches can be used, but they may be asked to remove prior to the procedure.

### New cough or health problem

- Please call us at **612-871-1145 at least 72 hours before your appointment** if:
  - The patient develop flu-like symptoms or COVID-19 symptoms.
  - The patient recently started a blood thinner or developed a new condition (like heart, breathing, or stomach problems).

## At the Endoscopy Center

1. **Check-in:** You'll check in at the front desk.
2. **Admitting:** A nurse will:
  - Provide a locker or bag for personal belongings
  - Ask patient to change into a gown
  - Review of medical history
  - Take vital signs
  - Place an IV in the patients hand or arm.
3. **Comfort Measures:**
  - At MNGI, the pediatric care team offers several comfort measures to help reduce discomfort during IV placement, including the J-Tip® needless injection system (which uses air pressure to deliver numbing medication under the skin), Buzzy Bee® (a vibration and cold device that helps block pain signals), and Pain Ease® spray (a quick-acting cooling spray that numbs the surface of the skin). We also use distraction techniques and comfort positioning to help ease anxiety and make the experience as smooth as possible for your child.
4. **Meet your care team:**
  - You will have the opportunity to speak with an anesthesia provider and the GI physician before the procedure to ask questions and discuss any concerns you may have. Together, you'll come up with a plan that keeps the patient safe and comfortable. You'll also review and sign a consent form.
5. **Procedure:**
  - The patient will lie on their **left side**.
  - Vital signs will be checked again.
  - Patients care team will perform a **safety check** before anesthesia is given.
  - Procedures usually take between **20-40 minutes**.
6. **Recovery:**
  - You'll be able to wait in the recovery room while the patients procedure is completed and until they're ready for discharge.

## After Your Procedure

- **Diet and activity:**
  - The patient may return to your **normal diet the same day**.
  - The patient may return to **normal activity the next day**.
- **Restrictions:**
  - Do not drive, use machinery, or return to school or work until the next day.
  - Avoid air travel for 24 hours.
- **What's normal:**
  - Some **cramping or bloating** (this should pass quickly).
  - **Stool changes** — the patients bowel movements may not return to normal for **3–5 days**.
  - Some patients have **short-term memory loss** from anesthesia. It's helpful to have another adult at discharge to hear instructions and take notes.
- **Results:**
  - Your physician will discuss **initial results** before you go home.
  - If tissue or polyps are removed, they will be sent to a lab. Pathology results take **10–14 business days**.
  - Results will be sent through your **Patient Portal** or by mail. If you don't receive results after 14 days, call **MNGI at 612-871-1145**.

## What to Watch For

Seek medical care if the patient:

- Has a **fever above 101°F**
- Has trouble breathing, wheezing, cough, or shortness of breath
- Notice **redness or swelling at your IV site** that does not improve after using warm compresses
- If the **patient cannot urinate** but feels a strong urge but cannot go, or has pain in their lower abdomen
- Has **more than a small amount of bleeding**
- Develops **severe abdominal pain**