

Pediatric Capsule Endoscopy Placement Prep

21 DAYS BEFORE OR AS SOON AS POSSIBLE:

Purchase from your local pharmacy over the counter:

- One (1) – 8.3 ounce bottle of Polyethylene Glycol (PEG) 3350 Powder**
 - MiraLAX, SmoothLAX, ClearLAX or generic equivalent
 - You will need at least 7 capfuls or 119gm.

- 32 oz. Gatorade® (NO red coloring)**
 - Regular Gatorade®, Gatorade G2®, Powerade®, Powerade Zero®, Pedialyte, Propel®, Liquid IV

PREPARATION For your safety, **STOP** consuming all liquids and nothing by mouth 3 hours prior to your procedure or your 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 12 hours after the procedure.

Important, please review this section if you take a medication called a GLP-1 agonist (such as Ozempic, Weygovy, Trulicity, Rybelsus, Saxenda, Byetta or others) or an **SGLT-2 Inhibitor** (Invokana, Farxiga, Jardiance, Steglatro) for weight loss or diabetes.

If the patient takes these medications, then hold the medication according to the following guidelines:

GLP-1 Agonists (Ozempic, Weygovy, Trulicity, Rybelsus, Saxenda, Byetta or others):

- For once or twice daily injectables (example Byetta, Victoza, Saxenda), hold the day before and day of the procedure.

- For once weekly injectables (example: Trulicity, Ozempic, Weygovy, Bydureon, Mounjaro), hold for 7 days before the procedure.

- For oral, daily dosing (example: Rybelsus), hold for 7 days before the procedure.

SGLT-2 Inhibitors (Invokana, Farxiga, Jardiance, Steglatro):

- Hold for 4 days before the procedure

If the patient takes GLP-1 or SGLT-2 medications for diabetes, then you need to contact your primary care team or endocrinologist for glucose management instructions.

If the patient takes these medications, then they should start a clear liquid diet **24 hours** before the procedure. For example, if the procedure is at 8:00 AM, then they should start a clear liquid diet at 8:00 AM the day before. Make sure to follow the NPO instructions (nothing by mouth 3 hours before your procedure). Holding these medications and staying on the clear liquid is important for us to safely complete 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 condition (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.

7 DAYS BEFORE:

- STOP taking fiber and iron supplements. This includes multivitamins with iron, Metamucil® and Fibercon®.

1 DAY BEFORE

- STOP** eating solid foods and begin clear liquid diet at **12:00pm**. See “Clear Liquid Diet” information below.
- Between 4-6pm:** Drink Miralax – Gatorade preparation
 - Mix half (1/2) bottle (7 capfuls or 119mg) of Miralax with 32 fl. oz. of Gatorade.
 - Drink one (1) 8 fl. oz. glass of the Miralax – Gatorade mixture every 15 minutes until the liquid is gone.
- After completing the Miralax/Gatorade colon preparation, continue with a Clear Liquid Diet.

DAY OF THE PROCEDURE (Continues on next page):

- DO NOT** eat any solid food, use any chewing tobacco, THC, marijuana or illegal drugs. **If you do, your procedure will be cancelled.**
- Stay on clear liquid diet (no red). **See “Clear Liquid Diet” information below.**
- If the patient takes daily medication, they may do so up until 3 hours before your procedure time.
 - This includes heart and blood pressure medications, blood thinners (if you have not been told to **STOP** these by our office), methadone, and anti-seizure medications.
 - **DO NOT** take any chewable vitamins or supplements.
- A belt with sensors will be placed across the patients abdomen, over their clothing. Please have them wear an upper garment of thin, natural fiber cloth (such as a T-shirt) that is long enough to reach the hip level. Both the belt and the recorder will be visible.

- **Scheduled MRI:** If the patient is scheduled for an MRI, after ingesting the capsule and until it is excreted, they should not have a Magnetic Resonance Imaging (MRI) examination or be near an MRI

3 HOURS BEFORE THE PROCEDURE TIME

- **DO NOT** take anything by mouth.
 - **DO NOT** have: lozenges, gum, hard candy, or breath mints. **If they do, the procedure will be cancelled.**

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 their colon is clean, please call our office at 612-871-1145 before you leave for your 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.**

Colon Emptying Tips:

- Encourage plenty of fluids to prevent dehydration. Offer clear liquids often.
- Plan to stay close to a toilet as the patient will have frequent, loose stools (diarrhea)
- Even if the patient is sitting on the toilet, continue drinking the mixture every 15 minutes
- If the patient feels nauseas or vomits, have them rinse their mouth with water, take a short break (15-30minutes), then restart as directed
- If the patient has had nausea or vomiting with previous colonoscopy preps or if you think they will have an issue, start earlier and go slower with the prep. For example, if prepping at 4:00pm start prep at 3:00pm and drink the mixture every 20-30 minutes.
- They may be uncomfortable until the stool has emptied from their colon (in about 2-4 hours).
- They may feel cold or have chills.
- Allow extra time to get to the procedure as you may need to **STOP** for a restroom along the way. You may want them to wear disposable underwear.

For detailed information about your procedure please visit:

<https://www.mngi.com/search/patient-services>

<https://www.mngi.com/patient-procedure-faqs>