

# Pediatric Upper Endoscopy with Bravo pH Prep with Colonoscopy- Full Prep

## **21 DAYS BEFORE OR AS SOON AS POSSIBLE:**

Purchase items for Full Prep. We recommend purchasing a Prep Kit from MNGI Digestive Health. You can visit <https://www.mngi.com/colonoscopy-prep-kits> or scan the QR code. Gatorade and Ex-Lax Chocolate Squares are not included in the prep kit and needs to be purchased separately.



- Two (2) Bisacodyl Tablets OR Two (2) 15mg Ex-Lax Chocolate Squares**
  - For Bisacodyl Tablets: Ensure medication is Dulcolax® laxative tablets, NOT Dulcolax® stool softener. Each tablet contains 5mg of bisacodyl (10mg total dose)
- One (1) – 8.3 ounce bottle of Polyethylene Glycol (PEG) 3350 Powder**
  - MiraLAX, SmoothLAX, ClearLAX or generic equivalent
- 64 oz. Gatorade® (NO red coloring)**
  - Regular Gatorade®, Gatorade G2®, Powerade®, Powerade Zero®, Pedialyte, Propel®, Liquid IV

## **Upper Endoscopy and Bravo pH Prep**

**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 the patient or have another trusted adult present for 12 hours after the procedure.

**Important, please review this section if the patient takes 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.

**Bravo pH Test without Stomach Medications:**

Several medications alter the pH level of the stomach. The provider would like the patient to **stop** their medications. The medications listed below will need to be stopped prior to the test (other medications may be continued). **The test will need to be rescheduled if these medications are not stopped.**

**7 DAYS BEFORE PROCEDURE:**

- Stop taking Aciphex® (rabeprazole), Nexium® (esomeprazole), Prevacid® (lansoprazole), Dexilant® (dexlansoprazole), Prilosec® (omeprazole), Protonix® (pantoprazole) and Zegerid® (omeprazole/sodium bicarbonate)

**2 DAYS BEFORE PROCEDURE:**

- Stop taking Reglan® (metoclopramide), Pepcid® (famotidine), Tagamet® (cimetidine), Zantac® (ranitidine), Axid® (nizatidine) and Carafate® (sucralfate)

**24 HOURS BEFORE PROCEDURE:**

- Stop taking over the counter antacids such as Tums®, Rolaids®, Maalox® and Mylanta®

Please go to <https://www.mngi.com/resources> to watch “Your Bravo pH Test Experience” It is important that you and your child watch this video prior to the test.

**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.

**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 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.

# Colonoscopy Prep

## **7 DAYS BEFORE THE PROCEDURE:**

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

## **3 DAYS BEFORE THE PROCEDURE:**

- ❑ Begin low-fiber diet (10-15g/day) AVOID seeds, nuts, popcorn, corn, whole grains, quinoa, fruit etc. For additional details on following a low fiber diet, please visit: [www.mngi.com/conditions/low-fiber-diet](http://www.mngi.com/conditions/low-fiber-diet)

## **1 DAY BEFORE THE PROCEDURE:**

- ❑ No solid food. Only a clear liquid diet. NO alcohol, red liquids, dairy, oil pulp, etc. For additional details on following a clear liquid diet, please see “**Clear Liquid Diet**” information below.
- ❑ At **8:00AM**, take two (2) Bisacodyl (Dulcolax®) tablets **OR** two (2) 15mg Ex-Lax chocolate squares
- ❑ Mix 1 bottle of MiraLAX with 64oz of liquid (a minimum of 56oz of electrolyte beverage should be used to mix MiraLAX. Up to 8oz of water can be added to achieve the desired 64oz).
- ❑ Between **12-2 PM**, drink MiraLAX-Gatorade mixture (~one 8oz glass every 15min).
- ❑ Continue drinking 8 oz glasses every 15 minutes until the mixture is gone.

**Timing Adjustments:** If the patient’s schedule does not allow them to drink the prep between 12–2 PM (for example, due to school or work), they may adjust the timing by taking Dulcolax or Ex-Lax at **10 AM** and drinking the MiraLAX–Gatorade mixture between **4–6 PM**.

## **DAY OF YOUR PROCEDURE**

- ❑ **DO NOT** eat any solid food, use any chewing tobacco, THC, marijuana or illegal drugs. **If they do, the procedure will be cancelled.**
- ❑ Stay on clear liquid diet (no red).
- ❑ If the patient takes daily medication, they may do so up until 3 hours before the 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.

## **3 HOURS BEFORE YOUR 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.**

### **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>