

# Pediatric Upper Endoscopy with Flexible Sigmoidoscopy Prep (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 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 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.

**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 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.

**DAY OF YOUR PROCEDURE (continues on next page):**

- ❑ **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). **See “Eating and Drinking Guidelines” and “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.

**Eating and Drinking Guidelines:**

For the patient’s safety, it is very important to have an empty stomach when anesthesia or sedation medicines are given. This is important because if vomiting occurs during the procedure, food or liquid can get into the lungs. If the patient has had even a small amount to eat or drink, unfortunately the procedure will be delayed or canceled. Please follow the following guidelines:

<b>STOP Food</b>	<b>8 hours</b> before scheduled <b>arrival</b> time
<i>This includes rice cereal and thickeners for milk or formula</i>	
<b>Begin Clear Liquid Diet</b>	
<b>STOP Milk or Formula</b>	<b>6 hours</b> before scheduled <b>arrival</b> time
<i>Clear liquids are okay during this time.</i>	
<i>Clear liquids include Popsicles®, apple juice, Gatorade®, Jell-O®, Kool-Aid®, or soft drinks.</i>	
<b>STOP Breast Milk</b>	<b>4 hours</b> before scheduled <b>arrival</b> time
<i>Clear liquids are okay during this time.</i>	
<i>Clear liquids include Popsicles®, apple juice, Gatorade®, Jell-O®, Kool-Aid®, or soft drinks.</i>	

### **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.**

### **1 ½ HOURS BEFORE LEAVING FOR YOUR PROCEDURE:**

- Rectally administer the 1<sup>st</sup> saline enema

### **1 HOUR BEFORE LEAVING FOR YOUR PROCEDURE:**

- Rectally administer the 2<sup>nd</sup> saline enema

### **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 the patients 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>.
- 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 your procedure please visit:

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