

Pediatric Flexible Sigmoidoscopy Prep with or without Ileoscopy (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 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 is having an EGD (upper endoscopy) and take these medications, then they should start a clear liquid diet **24 hours** before the procedure. This will be different from the instructions that say to start a clear liquid diet at 11:45 PM the night before. 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 your 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.

THE NIGHT BEFORE THE PROCEDURE:

- STOP** eating solid foods and begin clear liquid diet at **11:45pm**. See “Clear Liquid Diet” information below.

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 “Clear Liquid Diet” information below.
- 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.
- Bring a new ostomy bag and appropriate adhesive in the event the bag needs to be replaced.

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 1st saline enema

1 HOUR BEFORE LEAVING FOR YOUR PROCEDURE:

- Rectally administer the 2nd saline enema

Are you ready?

Your child 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 your child's 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.**

For detailed information about your procedure please visit:

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

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