

# Pediatric Flexible Sigmoidoscopy Prep Ages 9 and Under

## Flexible Sigmoidoscopy Preparation Timeline

Check boxes  as you progress!



### 21 Days Before or ASAP: *Purchase the items for Prep\**

Refer to the age group based on your child's age on the day of the procedure.

- Ages 2 years and under:** TWO (2) glycerin suppositories
- Ages 3 to 7 years:** ONE (1) 10 mg bisacodyl suppositories
- Ages 8 to 9 years:** TWO (2) 10 mg bisacodyl suppositories

**Note:** Glycerin suppositories may be Fleet® brand or a generic alternative. Bisacodyl suppositories may be Dulcolax® brand or a generic alternative.



### 7 Days Before:

- If you have diabetes, contact your monitoring provider for further instructions on insulin and/or blood sugar management.



### Night Before Procedure (Between 5-7pm):

#### **Ages 2 years and under:**

- Insert ONE (1) glycerin suppository

#### **Ages 3 to 7 years:**

- Insert HALF (1/2) of a 10mg bisacodyl suppository (5mg)

#### **Ages 8 to 9 years:**

Insert ONE (1) bisacodyl 10 mg suppository

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## Before the Procedure

- ❑ **8 hours** before arrival time **STOP** consuming solid food (*Includes rice cereal and thickeners for milk or formula*).
- ❑ **6 hours** before arrival time **STOP** milk/formula (*Clear liquids are okay during this time. Clear liquids include Popsicles, apple juice, Gatorade, Jell-O, Kool-Aid, or soft drinks*).
- ❑ **4 hours** before arrival **STOP** breast feeding (*Clear liquids are okay during this time. Clear liquids include Popsicles, apple juice, Gatorade, Jell-O, Kool-Aid, or soft drinks*)



## 3 Hours Before Procedure:

- ❑ **STOP** consuming all liquids. **NOTHING BY MOUTH** until after the Flexible Sigmoidoscopy. Ensure stool is liquid **ONLY** before your appointment. If uncertain, contact our office at 612-871-1145.
- ❑ Your child can take morning medications with sips of water **at least 3 hours prior** to your procedure.
  - 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.
- ❑ **DO NOT** use chewing tobacco, THC, marijuana, or illicit drugs.

\*If your child has diabetes, contact your monitoring provider for further direction on insulin and/or blood sugar management.



## 1 Hour Before Leaving for Procedure:

### **Ages 2 years and under:**

- ❑ Insert ONE (1) glycerin suppository

### **Ages 3 to 7 years:**

- ❑ Insert HALF (1/2) of a 10mg bisacodyl suppository (5mg)

### **Ages 8 to 9 years:**

Insert ONE (1) bisacodyl 10 mg suppository



## Additional Information:

- **Medication Adjustments:** If taking **GLP-1 agonists** (Ozempic, Weygovy, Trulicity, Rybelsus, Saxenda, Byetta, or others) or **SGLT-2 inhibitors** (Invokana, Farxiga, Jardiance, Steglatro), follow specific holding guidelines.  
<https://www.mngi.com/important-announcement-patients-having-procedure>
- **Appointment Changes:** If you are 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 you have 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.
- **Responsible Person Requirement:** Ensure a parent or legal guardian will be available on the day of the procedure. If they are not available, the procedure will be canceled. Make plans to be with your child or have another trusted adult present for 12 hours after the procedure.
- **How will I know I'm ready?** When your child has finished their prep, their bowel movements should no longer be solid. The stool should be a clear, yellow, or tea-colored liquid, and you should be able to see the bottom of the toilet bowl. If you are unsure whether your child's colon is fully cleaned out, please call our office at 612-871-1145 before leaving for the appointment.
- **Questions?** For answers to frequently asked questions about your visit, you can go to <https://www.mngi.com/colonoscopy-faqs>