

Getting Ready for Pouch Endoscopy

What is a pouch endoscopy?

A pouch endoscopy is a test to look at the lining of your ileo-anal pouch. The doctor will insert a flexible tube into your anus to look for inflammation, or abnormal growth or tissues. If abnormal tissue is seen, the doctor may remove a sample for testing. This test can be used to find the cause of rectal bleeding or abdominal pain.

This handout will tell you how to prepare for and what to expect after your pouch endoscopy. **Please read at least 1 week before your procedure.** Procedure may be cancelled if instructions are not followed.

1 Week Before Procedure

- Arrange for an adult to drive you home.
- You will not be able to drive or return to work after your procedure.
- You may take a cab or bus only if you have an adult who can go with you.
- If you need help finding a way to get to and from your visit, contact Patient Resources at **608-821-4144**.

Health Changes

Tell us about any major health changes, illnesses, or recent hospital stays.

Blood Thinning Medicine

You may need to stop or adjust your blood thinning medicine before your procedure. You must call the doctor who prescribes the medicine to discuss this, or we may have to reschedule your visit.

Diabetic Medicines

You may need to stop or adjust your diabetes medicine and/or blood sugar testing while you prep. You must call the doctor

who prescribes the medicine to discuss this, or we may need to reschedule your visit.

Iron and Multivitamins with Iron

Stop taking these 5 days before your procedure. You do not need to contact your doctor first.

3 Days Before Procedure

Low Fiber Diet

Stop these foods and medicines:

- Corn, popcorn, seeds and nuts
- Uncooked vegetables, beans and lentils, potato skins
- Fruits with skins or seeds
- Whole grain breads, granola or high fiber cereals
- Fiber supplements (like Metamucil[®], Citrucel[®], or Benefiber[®]).
- Anti-diarrhea medicines (like Kaopectate[®], Lomotil[®], Pepto-Bismol[®] and Imodium[®] or loperamide)

Bowel Prep

You will need to buy the bowel prep supplies before the procedure. You can buy this at a local drugstore. No prescription is needed.

- MiraLax (or generic version) – 4.1-ounce bottle
- Gatorade/PowerAde – buy two 32-ounce bottles (do not buy red, blue or purple colored liquids. If you are diabetic, buy Pedialyte instead.)

If you have an ileostomy or colostomy, you will not need to do a bowel prep.

For some patients, the doctor may want you to do an enema as part of your bowel prep. **Do not** buy this unless instructed.

1 Day Before Procedure

Diet

You can eat a regular meal for lunch. **Stop all solid foods by noon.** After that, start a clear liquid diet.

Clear Liquid Diet Rules

- No creamers, milks or other dairy products
- No red or purple
- No solid food
- Drink at least 8 glasses of clear liquids all day to prevent dehydration

Clear liquids include these “see-through” items:

- Water, clear sports drinks like Gatorade®
- Broth
- Black coffee, tea, soda
- Apple juice
- Jell-O®

Bowel Prep

In the early afternoon, mix the MiraLax® with 64 ounces of chilled Gatorade. If you are diabetic, use Pedialyte.

Start drinking the prep at 6 pm. Drink one 8-ounce glass of this mixture every 15 minutes until one half (32-ounces) is gone. For most people with pouches, this should be enough to make your stool “clear” (so it will be a yellow liquid without many solid flecks) and looks more like urine.

If your stool is still not clear, drink one 8-ounce glass of the mixed solution every 15 minutes until your stool is clear.

Keep drinking clear liquids so you do not get dehydrated. After you are done, you can have only a clear liquid diet.

Day of the Pouch Endoscopy

You may drink clear liquids until **4 hours before** you arrive. No red or purple liquids. No solid food, milk or other dairy products until after the procedure is done.

As you finish the prep, your stools should be watery clear or yellow, with no solids (flecks of stool are OK). If you are still passing solid or brown stools, call us at **(608) 890-5010.**

What to Bring

- CPAP or BiPAP and any inhalers that you use
- Eyeglass or contact lens case, denture cup
- Ostomy supplies
- Wear comfortable clothing
- Do not bring valuables, money, or jewelry

What to Expect

Your visit will last about 2 -3 hours, from the time you check in until the time you can leave.

It is up to you if your driver stays in our waiting room or in your private prep and recovery room where private medical information will be discussed.

Before the procedure, the doctor will talk with you, answer questions, and ask you to sign a consent form.

A nurse will place an IV. You will get medicines to help you relax and keep you comfortable.

After your procedure, your doctor will talk with you about the results and give you a

report. We strongly suggest that you have your driver wait in your private room to hear the results with you.

You will feel sleepy when you leave. Plan to spend the day resting at home. You cannot drive or return to work due to the sedation medicines. Most patients can return to their normal routine the next day.

If you have biopsies taken or polyps removed, you can expect to get lab results 1-2 weeks after your procedure, either by phone or by mail.

It may take up to a week for your bowel habits to return to normal.

If you have also had a **rectal dilation**, you may notice a small amount of rectal bleeding. This is normal. If you are still bleeding after 48 hours, please contact your doctor.

Who to Call
Digestive Health Center
(608) 890-5010

UW Hospital GI Procedure Clinic
(608) 263-8094

Meriter/Unity Point
(608) 417-6389

If you are a patient receiving care at UnityPoint – Meriter, Swedish American or a health system outside of UW Health, please use the phone numbers provided in your discharge instructions for any questions or concerns.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 8/2020. University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#7627.