

Ileoscopy Through the Stoma

An ileoscopy is an exam done to look at the ileum, the last and longest part of the small intestine. During the exam, a flexible tube with a light and camera is passed through your stoma and into the small bowel. You will be sedated for the exam.

Important – Please read this 1 week before your exam. We may have to cancel if you do not follow the instructions.

Blood Thinning Medicine

Contact your doctor on how to manage blood thinning medicines for this exam. **Never** stop taking blood thinning medicines without talking with your doctor. They will give you instructions on how to safely stop them. Call us if you have questions.

Diabetic Medicines

You will need to adjust your diabetic medicine (oral and insulin) for the time you're not eating. Please discuss this with your primary doctor.

You must have an adult to drive you home or your exam will be cancelled. You may take a cab or bus home, but you must have a responsible adult with you. The cab driver does not count as your responsible adult.

If you are not able to keep your appointment let us know **5 days** before your exam.

Please have a list of any past surgeries, allergies, and medicines.

If you use CPAP or BiPAP, please bring it with you. Also bring your mask and tubing.

Day of the Exam

- **Do not** eat any food after midnight. This includes milk and dairy products.
- **Do not** take liquid antacids before your exam.
- You may drink clear liquids until 4 hours before you arrive (i.e. water, apple juice, soda, Gatorade®). **Do not** drink red liquids.
- Take your normal medicines with a small sip of clear liquid up to 1 hour before you arrive, unless you were told not to.
- **Follow the arrival and registration instructions in your cover letter.** If you are delayed, call us at **(608) 890-5010**. If you are more than 30 minutes late, we may have to cancel and reschedule. We do our best to stay on time.
- Plan to be with us about **2-3 hours**. Your driver will need to be available in our waiting room or by phone.
- Bring an extra ileostomy bag and your supplies for after the exam.

The Exam

A nurse will review your health history and place an IV. The doctor will come in and meet you before your exam. You will then go back to a procedure room and have your exam. The IV is used to give you medicines which make you feel drowsy and relaxed. The exam will take about 30 minutes.

After the Exam

You will go to our recovery room for about 30 minutes. Once awake, you may be given something to drink. Your doctor will discuss results with you before you go home. You and the doctor who referred you will get a copy of the report.

Rest of the Day

- **Do not** return to work.
- **Do not** drive.
- **Do not** use hazardous machinery.
- **Do not** make any important decisions.
- Plan to rest.
- **Do not** drink alcohol.

You should be able to resume normal activities the day after your exam.

Who to Call

UW Health Digestive Health Center
750 University Row
Madison, WI 53705
7 am-5 pm, weekdays
(608) 890-5010 or **(855) 342-9900**

After clinic hours, this number will give you the paging operator. Ask for the Gastroenterology (GI) doctor on call. Leave your name and phone number with the area code. The doctor will call you back.

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 ©3/2021. University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#8069