

## Getting Ready for Pouch Endoscopy

### 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.

**Please read at least 1 week before your procedure.** We've provided a Prep Checklist on the last page to help you plan your prep. Procedure may be cancelled if instructions are not followed.

### 1 Week Before Test

#### Arrange Transportation

Due to the sedation medicines, you must have a responsible adult drive you home. It is recommended that you are observed for at least 6 hours after discharge.

#### Health Changes

Please tell us about any major health changes, illnesses, or recent hospital stays you have had since you scheduled your test. If at any time you have symptoms of illness (cough, stuffy nose, sore throat, fever, body aches, chills), please call the procedure center to reschedule your test. You should not have this test while ill.

#### Blood Thinners and Diabetes Medicines

You **must** call the doctor who prescribes this medicine to see if you need to stop or adjust your medicine before your test. That doctor will tell you how to safely do this. The UW Digestive Health Center suggests talking to your doctor using the table below. That doctor should give you the final advice on stopping these medicines.

Ask your doctor about your bleeding risk with this test. If your doctor feels your bleeding risk is low, they will likely have you follow the schedule below to stop your blood thinning medicines. If your doctor feels your bleeding risk is high, they may have you follow a different timeline.

The list below has common blood thinning medicines. It does not include **all** blood thinning medicines.

Name of Medicine	When to Stop
Prasugrel (Effient)	7 days before
Warfarin (Coumadin)	5 days before
Clopidogrel (Plavix)	5 days before
Ticagrelor (Brilinta)	5 days before
Cilostazol (Pletal)	1 day before
Dabigatran (Pradaxa)	1 day before
Rivaroxaban (Xarelto)	1 day before
Apixaban (Eliquis)	1 day before
Edoxaban (Savaysa)	1 day before

If your doctor tells you **not** to stop your medicine, please call the Digestive Health Center at **608-890-5010**, as this may affect your procedure.

#### Iron, Multivitamins with Iron and Fish Oil

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

## 3 Days Before Test

### Low Fiber Diet

Stop the following foods and medicines. These foods may slow your digestion, and your colon may not be clean enough for your test:

- Corn, popcorn, seeds or 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).

### Pick up 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.)

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 Test

### Diet

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

### Diet

Begin **clear liquid diet**. Be sure to drink at least 8 glasses of clear “see-through” liquids. Clear liquids include:

- Water, clear sports drinks like Gatorade®
- Broth
- Black coffee, tea, soda
- Apple juice
- Jell-O®
- **No** creamers, milks or other dairy products
- **No** red or purple liquids or Jell-O
- **No** solid food
- **No** liquids with ‘pulp’

### Medicines

Take your daily medicines **except** those you were told to stop. Take at least one hour before or one hour after drinking your prep.

### 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.

## Test Day

### Diet

- **No food**
- Stay on only clear liquids (**no** red or purple)
- Stop drinking everything, even water, **4 hours before** you arrive.

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**.

### Medicines

If you need to take medicine during the 4 hours before your test, drink no more than 1/2 cup of water (4 ounces). Follow your provider's directions for your diabetes or blood thinning medicines.

### What to Bring

- CPAP or BiPAP and any inhalers that you use.
- Eyeglass or contact lens case, denture cup.
- Ostomy supplies.
- Wear comfortable clothing.
- Phone number for your driver.

Do **not** bring:

- Jewelry
- Money
- Other valuables

### Before the Test

- When you arrive, you can choose if your driver waits in the waiting room or in your private room where they will hear private health information.
- The doctor will talk with you, answer questions, and ask you to sign a consent form.

- A nurse will review your health history, take your vital signs and attach a heart monitor.
- A nurse will place an IV and give you medicines to help you relax and keep you comfortable.
- Your visit will take about 2-3 hours.

### After the Test

- Your doctor will review the results and give you a report. We strongly suggest that you have your driver in the room with you to hear the results.
- You may feel tired when you leave.
- Spend the day resting at home. You cannot drive or return to work. You can return to your normal routine the next day.
- It may take up to a week for your bowel habits to return to your normal.
- If you stopped blood thinning medicine before your test, ask when it can be restarted.
- 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.

### Results

If you have biopsies taken or polyps removed, you can expect to get lab results 1-2 weeks later. Your results will be sent to your MyChart account. If you don't have a MyChart account, someone will call you with results or results will be mailed to you.

## **When to Call**

- If you are still passing solid stools or your bowels have not started to empty by the morning of your test.
- You have severe cramps.
- You feel dizzy or lightheaded.
- You have constant pain, rectal bleeding and/or a fever.

## **Who to Call**

### **Patient Resources**

(They can help figure out if your insurance will cover transportation.)

**608-821-4144**

### **Digestive Health Center**

**(608) 890-5010**

### **UW Hospital GI Procedure Clinic**

**(608) 263-8094**

### **Meriter/Unity Point**

**(608) 417-6389**

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 © 12/2023 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#7627.

## Prep Checklist

### 1 Week Before Test

- ☐ Call your insurance company.
- ☐ Find safe transportation for the day of your test.
- ☐ Talk to your primary doctor about your diabetes and/or blood thinning medicines.
- ☐ Call if you are constipated, had trouble prepping in the past or if you've had any major health changes since you scheduled your test.
- ☐ Stop iron supplements and vitamins with iron **5 days** before your test.

### 3 Days Before Test

- ☐ Start a low fiber diet.
- ☐ Call pharmacy to pick up bowel prep.

### 1 Day Before Test

- ☐ **Stop** eating all solid food at noon. **Only** clear liquids after that.
- ☐ Mix MiraLax<sup>®</sup> with 64oz of Gatorade. Place in refrigerator.
- ☐ Take your daily medicines **except** those you were told to stop. Take at least one hour before or one hour after drinking your prep.
- ☐ **Start** drinking prep at 6 pm
- ☐ Drink one 8-ounce glass of the total mixture every 15 minutes until gone.
- ☐ **Keep** drinking clear liquids so you do not get dehydrated.

### Day of Test

- ☐ Stop all liquids (even water) **4 hours before arrival**
- ☐ If you need to take medicine during the 4 hours before your test, drink no more than 1/2 cup of water (4 ounces).
- ☐ Call if you are still passing solid or brown stools or your bowels have not started to empty.