Getting Ready for Your Pouch Endoscopy with an Ileostomy

Read this entire document at least 1 week before your test.

Test Day

Diet

- **After midnight** start a clear liquid diet (**no** red or purple). No solid food.
- See "Getting Ready for Your GI Procedure" handout for more information.
- Stop drinking everything, even water, **4 hours before** you arrive.

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.

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.

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.

To learn more about colon polyps visit:
patient.uwhealth.org/healthfacts/7917

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.
- If you think you are having an allergic reaction. **If you are having trouble breathing or swallowing, call 911.**

Who to Call

Patient Resources
(If you need help finding a ride to and from your test)
(608) 821-4144

UW Health Digestive Health Center
(608) 890-5010

UW Health Ambulatory Procedure Center
(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 © 10/2025 University of Wisconsin Hospital and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#8333