Rectal Exam under Anesthesia (with pouch)

This is an exam of the rectum and ileal pouch while you are asleep under anesthesia.

**Bowel Prep**
You will need to empty your pouch before the exam. Buy 1 sodium phosphate enema at a drugstore.

**The Day before the Exam**

- Eat a light breakfast, lunch and dinner. Avoid greasy foods and red meat.
- Drink only clear liquids after dinner.
  
  - Water
  - Clear Broth
  - Juice with no pulp (apple)
  - Crystal Light®
  - Popsicles
  - Hard candy
  - Special K2O® protein water
  - Jell-O® homemade from box only, no fruit in it
  - Sparkling water or soda
  - Coffee or tea, no creamer
  - Gatorade®

- Shower before bed with Hibiclens® soap as instructed by your clinic.

You may have clear liquids 4 hours prior to the surgery. No solid foods after midnight the evening before the surgery.

**The Day of the Exam**
Gently, give yourself the rectal enema 1-1½ hours before you leave for the hospital. Shower.

**After the Exam**
Your care after the exam will depend on the findings. If you had a dilation, you may be able to return to your normal routine in 1-2 days or you may need to follow more strict guidelines.

**Activities**
- Activity as tolerated.
- There may be restriction to activity depending what was done during the exam.
- Follow up will be determined by the surgeon.
Pain Relief
You may have pain after your exam. Your doctor may order pain pills for you.

When to Call the Doctor

- Problems having a bowel movement.
- Temperature by mouth over 100.4°F for two readings taken four hours apart.
- Pain not relieved by pain pills.
- Bleeding that does not stop after 10 minutes of applied pressure to the rectal area.

Phone Numbers

Digestive Health Center: (608) 890-5000.

After hours, weekends or holidays this number will be answered by the paging operator. Ask for the doctor on call. Leave your name and phone number with area code. The doctor will call you back.

If you live out of the area, call (855) 342-9900.

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 © 11/2015 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#4756