Getting Ready for Pouch Endoscopy with Sedation

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.

**Important – Read 1 week in advance.**
Procedure may be cancelled if instructions are not followed

Getting Ready
Blood thinning medications should never be stopped without discussing this with the provider who prescribes medication for you. The provider will give you instructions on how to safely stop the blood thinning medication. Contact us if you have questions.

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

1. MiraLAX (or generic equivalent) – 4.1 ounce bottle
2. 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 an enema to be done as a bowel prep. Do not buy this unless instructed. For some patients, the enema will be given here right before the procedure.

1. **7 days before**, you should stop taking the blood thinner Effient® (prasugrel).
2. **5 days before**, you should stop taking:
   - Iron
   - Blood thinners, such as Coumadin® (warfarin) or Plavix® (clopidogrel)
3. **2 days before**, you should stop taking the blood thinner Pradaxa® (dabigatran).
4. **2 days before**, you should stop taking the blood thinner Xeralto® (rivaroxaban).

5. **2 days before**, you should stop taking the blood thinner Eliquis® (apixaban).

6. Diabetic medications (oral and insulin) will need to be adjusted for the time you are not eating as normal. Please discuss this with your primary doctor.

7. **You must have a responsible adult to drive you home or your procedure will be cancelled.** You may take a cab or bus home only if you have a responsible adult with you other than the driver.

8. **Plan ahead.** For your test you will be given sedatives which can greatly affect your judgment. On the day of your test, you will not be able to drive or return to work. Do not make important personal or business decisions until the next day.

9. Our staff will need to review your health history, prior surgeries, allergies, and medicines taken. Please bring this information with you.

10. If you use **CPAP or BiPAP** for sleep apnea, please bring it with you. We may need your machine in order to sedate you safely.

11. If you have an implanted pacemaker or defibrillator, we will need specific information about it before your procedure day. If you haven't already given us this information, please call us during business hours (8:00 AM to 5:00 PM, Monday through Friday) at **(608) 890-5010**.

**Day before your procedure: Bowel prep**

1. You can eat a regular meal for lunch. **Stop all solid foods by 1200 noon.** After that, start a clear liquid diet.

2. Clear liquids include water, soda, Gatorade and juice. No liquids should have pulp (like orange juice). Do not drink liquids that are red or purple in color.

3. In the early afternoon, mix the MiraLax with 64 ounces of chilled Gatorade. (If you are diabetic, use Pedialyte)
4. Start drinking the prep at 6pm. Drink one 8-ounce glass of this solution every 15 minutes until one half (32-ounces) is gone.

5. 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.

6. After you are done, you can have only clear liquid diet.

**Day of the Pouch Endoscopy**

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

2. Take your normal medicines with a small sip of clear liquid up to 1 hour before you arrive. **Do not take the medicines listed in “Getting Ready” section on page 1.**

3. **Follow the arrival and registration instructions in your cover letter.** If you are delayed, call us at (608) 263-5010 to let us know you are going to be late. If you are over 30 minutes late, we may have to cancel and reschedule. We do our best to stay on time.

4. Plan to be with us about 2-2½ hours. Your driver will need to be available in our waiting room or by phone.

**The Pouch Endoscopy**

- A nurse will review your health history.
- The test will take about 15 minutes.

**After the Pouch Endoscopy and the rest of the day**
You will stay in the recovery area after your procedure. A nurse will monitor your recovery and go over your discharge instructions with you.

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

You may have some gas pains from the air used to distend your colon. As you pass the air your gas pains should go away.

If you have also had a **Rectal Dilation**
- You may notice a small amount of rectal bleeding. This is normal.
If the bleeding continues longer than 48 hours, please contact your doctor.

Your driver needs to be here to take you home when you are ready. You may not leave the recovery room without a responsible adult.

Your doctor will discuss results with you before you go home. You and the doctor who referred you will receive a copy of the report.

Before you leave, please let us know if you have any questions or concerns.

How to Contact Us

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

UW Health Digestive Health Center
750 University Row
Madison, WI
(608) 890-5010
(855) 342-9900

Digestive Health Center, 7am to 5pm weekdays, (608) 890-5010.
After clinic hours, please call (608) 890-5010. This number will connect you to the paging operator. Ask for the Gastroenterology (GI) doctor on call. Give your name and phone number with the area code. The doctor will call you back.
If you live outside of the Madison area, please call 1-855-342-9900.

University of Wisconsin Hospitals & Clinics
GI Procedure Clinic
600 Highland Avenue
Madison, WI
(608) 263-8097
(800)-323-8942

GI Procedure Clinic, 8am to 5pm weekdays, (608) 263-8097. After clinic hours, please call (608) 263-8094. Give your name and phone number with the area code. The doctor will call you back.
If you live outside of the Madison area, please call 1-800-323-8942

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 ©5/2017 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#7627