Getting Ready for Rectal Dilitation

What is a Rectal Dilitation?

A rectal dilation is a stretching of the rectal muscle. This is sometimes needed because a tight area has developed after bowel surgery. Stretching allows stool to pass through as normal.

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

Getting Ready for a Rectal Dilation

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® (clopidigrel).

3. **2 days before**, you should stop taking the blood thinner Pradaxa® (dabigatran).

Blood thinning pills should never be stopped without discussing this with the doctor who prescribes it for you. The doctor will give you instructions on how to safely do this. Contact us if you have questions.

4. Diabetic medicines (oral and insulin) will need to be adjusted for the time you’re not eating as normal. Please discuss this with your local doctor.

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

6. Plan ahead. For your exam you will be given sedatives which can greatly affect your judgment. On the day of your exam, you will not be able to drive or return to work. Do not make any important personal or business decisions until the next day.
7. Our staff will need to review your health history, prior surgeries, allergies, and medicines taken. Please bring this information with you.

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

9. 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. Ask to speak to the Procedure Coordinator.

Day before the Rectal Dilation

1. No solid food, milk, or dairy products after midnight.

Day of the Rectal Dilation

1. No solid food, milk, or dairy products until after your exam.

2. You may drink clear liquids until 4 hours before you arrive. You must stop for sedation to be given safely. Clear liquids include water, apple juice, soda, and Gatorade®. Avoid red liquids.

3. Take your normal medicines with a small sip of clear liquid up to 1 hour before your arrive. Do not medicines mentioned under “Getting Ready”.

4. Follow the arrival and registration instructions in your cover letter. If you are delayed, call us at (608)890-5010 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.

5. Plan to be with us about 1 1/2 hours. Your driver will need to be available in our waiting room or by phone during this time.
The Rectal Dilitation

A nurse will review your health history and place an IV. The IV is used to give you medicines which make you feel drowsy and relaxed during your test. The procedure will take less than 30 minutes. You will then go to our Recovery Room for about an hour. Your driver may sit with you there. Once awake, you will be given something to drink. Your doctor will discuss results with you before discharge. You and the doctor who referred you will receive a copy of the report.

After the Rectal Dilitation and for the Rest of the Day

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

You should be able to resume normal daily tasks on the day after your test. You may notice a small amount of rectal bleeding; this is normal. If it continues longer than 48 hours, please contact your doctor.

Most often, you may eat and drink what you wish after the exam.

Phone Numbers

Digestive Health Center, 8am to 5pm weekdays, (608) 890-5010. After clinic hours, please call (608) 890-5010. 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.

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

UW Hospital & Clinics
GI Procedure Clinic
600 Highland Avenue
Madison, WI
(608) 263-8097
(800) 323-8942