

# Pouchoscopy Preparation Instructions

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## How do I plan for the procedure?

- A pouchoscopy requires two enemas before the procedure to clean out the lower part of the colon.
- If your travel time is more than 2 (two) hours, ask at the time of scheduling if you can do the prep (enemas) in the endoscopy suite.
- **You must have a licensed driver aged 18 or older** present at check in and discharge. If you do not have a driver with you at check in, we will need to reschedule your appointment. This person must remain in the unit during your entire visit so that they are available as soon as you are ready to be discharged. You will not be discharged unless this person is in the unit. Because your judgment may be impaired after this procedure, you will not be released to take public transportation, a taxicab, or even walk home without another responsible adult present to accompany you.
- The entire procedure appointment may take at least 3 to 4 hours to complete. Please advise your driver that they will need to remain in the facility for the duration of the procedure.
- **Please leave all jewelry and personal items at home.** If you bring jewelry to your appointment, we may have to ask you to remove it.
- **Please do not wear contact lenses.**
- If you have diabetes, ask your health care provider for diet and medicine instructions.
- If you must cancel or reschedule your appointment, please call the Endoscopy Call Center as soon as possible at:
  - (734) 936-9250 or toll-free: (877) 758-2626

## What supplies do I need to prepare in advance?

Purchase 2 (two) sodium phosphate enemas at your local pharmacy. You will not need a prescription. One common brand is Fleet®. Be sure to use an enema product, not an oral or liquid laxative. Follow the instructions below carefully to ensure a successful exam.

## What are my instructions for taking medicines and preparing for my procedure?

### 7 days before your pouchoscopy:

- If you take aspirin or NSAIDs, such as Advil®, Motrin®, Celebrex®, or ibuprofen, you may continue to take them as usual.
- If you take a blood thinner, such as Plavix®, Pradaxa®, Clopidogrel®, Coumadin®, warfarin, Effient®, Prasugrel®, or Lovenox®, ask your health care provider for specific instructions.

### Day of your pouchoscopy:

**Stop eating all solid foods 8 hours before your procedure.** Clear liquids are acceptable to drink.

<b>Allowed Clear Liquids:</b>	<b>Non-Clear liquids – Not allowed</b>
<ul style="list-style-type: none"><li>• Gatorade®, Pedialyte® or Powerade®</li><li>• Coffee or tea (no milk or non-dairy creamer)</li><li>• Carbonated and non-carbonated soft drinks</li><li>• Kool-Aid® or other fruit-flavored drinks</li><li>• Apple juice, white cranberry, or white grape juice</li><li>• Jell-O (gelatin) or popsicles</li></ul>	<ul style="list-style-type: none"><li>• Chicken, beef or vegetable broth</li><li>• Red or purple items of any kind</li><li>• Alcohol</li><li>• Milk or non-dairy creamers</li><li>• Juice with pulp</li><li>• Hard candy</li><li>• Any liquid you cannot see through</li></ul>

**2 hours before your procedure:**

- Stop chewing gum.
- Stop drinking everything, including all clear liquids.
- You may take all of your morning medicines (except for oral diabetes medicine - pills) as usual with water up to 4 hours before your procedure.

**90 minutes before you leave home for the procedure:**

Administer the two enemas. Follow these insertion directions:

1. Lie on your left side.
2. Remove the cap from the tip of the enema bottle.
3. Insert the tip of the enema bottle gently into your rectum, about four inches.
4. Slowly squeeze the entire contents of the bottle into your rectum.
5. Hold the fluid inside of you for about 15 minutes, if possible.
6. Sit on the toilet and expel the fluid.
7. Immediately repeat steps 1-6 for the second enema.

Bring a list of all of your current medicines with you, including any over-the-counter medicines.

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