

# Pouchoscopy Preparation Instructions

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## What is the purpose of a pouchoscopy?

A **pouchoscopy** is a medical procedure that allows doctors to look inside a special type of pouch created during surgery for people who have had their colon removed. This pouch, often called a J-pouch, is made from the small intestine and helps store and pass stool (poop). During a pouchoscopy, a thin, flexible tube with a camera on the end is gently inserted into the pouch through the anus. This helps the doctor check for any issues, such as inflammation (swelling and redness), infection, or other problems. The procedure is usually quick, safe, and helps ensure the pouch is healthy and functioning well.

## How do I plan for the procedure?

Please read this as soon as you get this information, and check off each box to show that you understand each item.

☐ **You must do a bowel prep.**

- A pouchoscopy requires 2 enemas before the procedure to clean out the lower part of the colon. If your travel time is more than 2 hours, ask at the time of scheduling if you can do the prep (enemas) in the endoscopy suite.
- It is important to read this entire handout, buy your prep supplies, and follow the exact time schedule for your prep to make sure you are ready for your pouchoscopy. If you have any questions on the bowel prep in this document, call the Medical Procedures Unit (MPU) Call Center at (734) 936-9250 or toll-free at (877) 758-2626.

☐ **Gather your prep supplies.**

- Buy 2 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, and not an oral or liquid laxative.
- We recommend picking up your supplies at least 1 week before your procedure.

☐ **You must have a driver with you at the procedure.**

- You must have a driver who is **18 years or older** with you when you check in and when you leave your appointment. If you do not have a driver with you at check in, we will need to reschedule your appointment.
- Your entire procedure may take 3-4 hours to complete. Please tell your driver that they must stay in the unit during your entire visit.

☐ **Please leave all jewelry and personal items at home.**

- If you bring jewelry to your appointment, we may have to ask you to take it off.
- **Please do not wear contact lenses.**

☐ **If you have diabetes or take a blood thinner, you must contact your doctor.**

- People with diabetes have special diet and medication instructions. Call the doctor who ordered your pouchoscopy for your special diet and medication instructions.
- If you take a blood thinner, such as Plavix®, Pradaxa®, Clopidogrel®, Coumadin®, warfarin, Effient®, Prasugrel®, Eliquis®, Xarelto®, or Lovenox®, ask your prescribing healthcare provider for specific instructions. If you are unsure if you are taking blood thinners, contact your doctor.

- ☐ If you must cancel or reschedule your appointment, please call us as soon as possible at (734) 936-5738.

### **What are my instructions for taking medication and preparing for my procedure?**

The timeline table below will help you figure out the days of the week for your prep. First, figure out what day of the week your appointment is. Then highlight or circle the correct row to see your other prep days.

- If you reschedule your appointment, you must redo the timeline table to match your new date.

**My appointment is:** \_\_\_\_\_  
(Date, day, and time)

#### **Timeline table:**

<b>My appointment is on:</b>	<b>7 days before is:</b>	<b>4 days before is:</b>	<b>3 days before is:</b>
Monday	Monday	Thursday	Friday
Tuesday	Tuesday	Friday	Saturday
Wednesday	Wednesday	Saturday	Sunday
Thursday	Thursday	Sunday	Monday
Friday	Friday	Monday	Tuesday
Saturday	Saturday	Tuesday	Wednesday

Follow the instructions below carefully to ensure a successful procedure.

<b>7 days before your pouchoscopy</b>	<b>Day:</b> _____ (Fill in the day according to the timeline table)
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- If you take aspirin or NSAIDs, such as Advil®, Motrin®, Celebrex®, or ibuprofen, you may continue to take them as usual.

- Stop taking phentermine (Adipex-P®, Lomaira™, Fastin®, Phentercot®) and phentermine and topiramate (Qsymia®). These are weight loss medications.
- If you take semaglutide (Ozempic®, Wegovy®), dulaglutide (Trulicity®), tirzepatide (Mounjaro®, Zepbound™), exenatide (Byetta®, Bydureon®), liraglutide (Victoza®), or lixisenatide (Adlyxin™) once a week, stop taking it a week before your procedure.

<b>4 days (96 hours) before your pouchoscopy</b>	<b>Day:</b> _____ (Fill in the day according to the timeline table)
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- **96 hours before your pouchoscopy**, stop taking the following diabetic/weight loss medications: ertugliflozin (Steglatro®), ertugliflozin and metformin (Segluromet™), and ertugliflozin and sitagliptin (Steglujan®).
  - If you do not stop taking these medications exactly 96 hours before your pouchoscopy, your procedure may need to be cancelled and rescheduled.

<b>3 days (72 hours) before your pouchoscopy</b>	<b>Day:</b> _____ (Fill in the day according to the timeline table)
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- **72 hours before your pouchoscopy**, stop taking the following diabetic/weight loss medications: bexagliflozin (Brenzavvy®), empagliflozin (Jardiance®), dapagliflozin (Farxiga®), canagliflozin (Invokana®), dapagliflozin and saxagliptin (Qtern®), dapagliflozin and metformin (Xigduo® XR), canagliflozin and metformin (Invokamet®, Invokamet® XR), empagliflozin and metformin (Synjardy®, Synjardy® XR), and empagliflozin and linagliptin (Glyzambi®).

- If you do not stop taking these medications exactly 72 hours before your pouchoscopy, your procedure may need to be cancelled and rescheduled.

<b>The day of your pouchoscopy</b>	<b>Day:</b> _____ (Fill in the day according to the timeline table)
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**8 hours before your procedure, stop eating all solid foods. You may drink clear liquids.** Look at the table below to check which liquids and drinks are allowed on a clear liquid diet.

You may drink these liquids:	Do not drink these liquids:
<ul style="list-style-type: none"> <li>• Water</li> <li>• Gatorade®, Pedialyte®, or Powerade®</li> <li>• Coffee or tea (without milk, cream, or non-dairy creamer)</li> <li>• Carbonated or non-carbonated soda</li> <li>• Fruit-flavored drinks</li> <li>• Apple juice, white cranberry juice, 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>• Any red or purple liquids</li> <li>• Alcohol</li> <li>• Milk, cream, or non-dairy creamer</li> <li>• Juice with pulp</li> <li>• Any liquid you cannot see through</li> </ul>

- If you take semaglutide (Rybelsus®) or liraglutide (Saxenda®) every day, do not take it on the day of your procedure.
- You may take all your morning medications (except for oral diabetes medicine) as usual with 4 oz of water **up to 4 hours before your procedure.**
- **2 hours before your procedure,** stop chewing gum, stop smoking, and stop drinking all liquids.



**90 minutes before you leave home for your procedure, give yourself the 2 enemas.** Follow these instructions:

1. Lie on your left side.
2. Remove the cap from the tip of the enema bottle.
3. Gently insert the tip of the enema bottom into your rectum (about 4 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 let the fluid come out.
7. Immediately repeat steps 1-6 for the second enema.

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

### **When should I call the call center?**

If you have been ill and have had any of the following symptoms within 48 hours of your appointment, please call the call center at (734) 936-9250:

- Fever greater than 100.6° F
- Productive cough (your cough brings up a thick fluid)
- Diarrhea or vomiting (that is not related to the bowel prep)

Disclaimer: This document contains information and/or instructional materials developed by University of Michigan Health for the typical patient with your condition. It may include links to online content that was not created by U-M Health and for which U-M Health does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition, or your treatment plan.

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