

## PREPARING FOR YOUR ILEOSCOPY

To ensure a successful appointment, please follow all instructions carefully.

### 1 day before:

- Begin Clear Liquid Diet (clear liquids include things you can see through).
  - Examples of a clear liquid diet include: water, tea (no milk or cream), clear broth or bouillon, Gatorade, Pedialyte or Powerade, carbonated and non-carbonated soft drinks (Sprite, 7-Up, Gingerale), strained fruit juices without pulp (apple, white grape, white cranberry), Jell-O and popsicles.
  - The following are not allowed on a clear liquid diet: coffee, red liquids, alcoholic beverages, dairy products, protein shakes, cream broths, juice with pulp and chewing tobacco.

### The day of your exam:

**Morning Medications:** You may take all of your morning medications including blood pressure medications, blood thinners (if you have not been instructed to stop these by our office), methadone, and anti-seizure medications with sips of water 3 hours prior to your procedure or earlier. If you have diabetes, contact your monitoring provider for further direction on insulin and/or blood sugar management.

- Bring a new ostomy bag and appropriate adhesive in the event the bag needs to be replaced.

Continue the Clear Liquid Diet up to 3 hours prior to your procedure, then stop drinking. Avoid red liquids, dairy products, protein shakes, alcoholic beverages, chewing tobacco and illicit drugs. Use of these will result in your procedure being cancelled.

### **Cancel or reschedule your appointment:**

If you must cancel or reschedule your appointment, please call 612-871-1145 as soon as possible.

### **Transportation:**

You must arrange for a responsible person to escort you to your procedure and stay at our facility for the duration of your procedure. A taxi ride is not an option unless you are accompanied by a responsible person. If you fail to arrange transportation with a responsible person that can stay for the duration of your procedure, your procedure will be cancelled and rescheduled.

### Bring the following to your procedure:

- Insurance Card / Photo ID
- List of Current Medications including over-the-counter medications and supplements
- Bring your rescue inhaler if you currently use one to control asthma
- Bring contact lens supplies as you will be asked to remove contact lenses prior to the start of your procedure

## DESCRIPTION OF ILEOSCOPY

### **What happens during an Ileoscopy?**

Ileoscopy is done through a person's ileostomy. During an ileoscopy, your doctor examines the lining of your ileum, the last part of your small intestine through a thin, flexible tube called an endoscope. Through the endoscope, your doctor can see abnormalities like inflammation or bleeding and may also remove tiny samples of tissue (biopsy) for further tests, or treat bleeding problems.

### **What should I expect during the procedure?**

You may have a feeling of pressure or fullness during the exam. The doctor may take a painless biopsy of the lining of the GI tract for closer examination by a pathologist.

**What should I expect after the procedure?**

The doctor will speak with you about the initial results of your exam. You may feel bloated after the procedure. Following the exam, you may resume your normal diet unless instructed otherwise by your physician.

**What are the possible complications associated with Ileoscopy?**

Although serious complications are rare, any medical procedure has the potential for risks. A nurse will review all potential warning signs with you before you leave the endoscopy center. Risks include perforations or tears in the lining of the GI tract, bleeding from the biopsy site and reactions to medications.