

PREPARING FOR YOUR ILEOSCOPY

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

Cancel or Reschedule Your Appointment:

If you are having flu-like symptoms (such as fever, cough, shortness of breath) within 14 days of your appointment, please call to reschedule. If you develop COVID-19 after you schedule this appointment, please call our office. If you need to cancel or reschedule for any other reason, call 612-871-1145 at least 72 hours prior to your appointment.

Transportation:

You must arrange for a responsible person to escort you to your procedure. Your responsible person will not be allowed to stay in the facility and will be notified when to join you in the recovery room. 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, your procedure will be canceled and rescheduled.

1 day before:

- Begin Clear Liquid Diet (clear liquids include things you can see through).
 - Examples of a clear liquid diet include: water, 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, popsicles, and up to one cup of black coffee or tea (no milk or cream) each day.
 - The following are not allowed on a clear liquid diet: 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.

- **3 hours prior:**
 - STOP consuming all clear liquids.
 - Do not take anything by mouth during this time.

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.