

## PREPARING FOR YOUR POUCHOSCOPY

Purchase the following supplies at your local pharmacy:

**1 - 8.3 ounce bottle of Polyethylene Glycol (PEG) 3350 Powder**  
(MiraLAX, SmoothLAX, ClearLAX or generic equivalent)

**64 oz. Gatorade®** (No red colored flavors)

Regular Gatorade®, Gatorade G2®, Powerade®, Powerade Zero®, Pedialyte or Propel® are acceptable. Red flavors are not allowed; all other colors (yellow, green, orange, purple, blue) are okay. It is also okay to buy two 2.12 oz packets of powdered Gatorade that can be mixed with water to a total volume of 64 oz of liquid.

**PREPARATION FOR POUCHOSCOPY** - For your safety, **STOP** consuming all liquids and nothing by mouth 3 hours prior to your procedure or your procedure will be cancelled and rescheduled. Please follow detailed instructions below.

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 **at noon** (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), Jello-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.
- **Between 4-6pm:** Drink Miralax – Gatorade preparation

Mix 1 bottle of Miralax® with 64 oz. of Gatorade® in a large pitcher.

Drink 1 - 8 oz. glass of the Miralax®/Gatorade® solution.

Continue drinking 1 - 8 oz. glass every 15 minutes thereafter until the mixture is gone.

### **Day of your procedure:**

**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.

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
- Advance Directives: If you have an Advance Directive, please bring a copy of your Advance Directive with you to your endoscopy appointment. Advance Directives are not honored at MNGI facilities, and in the event of a life-threatening situation, life support measures will be instituted in every instance and our patients will be transported to a higher level of care facility (i.e., hospital). In the unlikely event that you require an emergency transfer to a higher level of care facility, your Advance Directive should accompany you to that facility.

**DESCRIPTION OF POUCHOSCOPY**

**What is a Pouchoscopy?**

Pouchoscopy is a procedure that allows your physician to examine the lining of your ileo-anal pouch for inflammation, abnormal growths or tissue. An ileo-anal pouch is a surgically created pouch to replace the colon and rectum.

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

Medicine will be given through the IV line to help you relax and feel drowsy. During a pouchoscopy, the doctor inserts a flexible tube called an endoscope into the anus and advances it slowly into the pouch. 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. You will not be able to drive home after your exam due to the sedation.

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

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 used during the procedure.