

# Ileoscopy

## Preparing for your procedure

Your procedure is scheduled for: \_\_\_\_\_  
Day Date

Please check in at: \_\_\_\_\_ a.m./p.m.

**Show your current insurance card and photo ID at check-in. If required, copayments are due at this time.**

### What do I do before my procedure?

- Follow the instructions in this handout exactly. Your gastroenterologist may change these instructions or add instructions if needed.
  - » If you don't prepare properly, your ileoscopy may be canceled, or you may have to repeat your preparation and ileoscopy.
- Ask your doctor whether you'll receive medication to relax you (sedation) during your procedure. If so:
  - » Arrange to have a trusted adult drive you home after your procedure or ride with you by bus, taxi or ridesharing service. Don't ride a motorcycle.

### 7 days before your procedure

- Talk with your primary care clinician about stopping any:
  - » Anticoagulation medications, such as apixaban (Eliquis), dabigatran (Pradaxa), edoxaban (Savaysa), rivaroxaban (Xarelto) or warfarin.
  - » Antiplatelet medications, such as clopidogrel (Plavix), prasugrel (Effient) or ticagrelor (Brilinta).
- Ask your primary care clinician for instructions if you:
  - » Take insulin for diabetes.
  - » Need to take your medication with food.
- You may continue taking other medications.

### 1 day before your procedure

- **Start eating a low-fiber diet.** A low-fiber diet helps make the bowel preparation more effective. See the handout *Low-Fiber Diet Guidelines* (#20953).
- **After 1 p.m., do not eat any solid food.** Begin a clear liquid diet. Clear liquids are liquids that look like colored water and you can see through at room temperature. **Don't drink any red or purple liquids.** The color may interfere with your procedure.

You may have any of the following:

- » Water, clear broth or bouillon, and coffee or tea **without** milk or nondairy creamer
- » Gatorade, Powerade, Propel Electrolyte Water, Pedialyte, carbonated and noncarbonated soft drinks, Kool-Aid or other fruit-flavored drinks and strained fruit juices without pulp (apple, white grape, white cranberry)
- » Jell-O, Popsicles and hard candy
- Complete the health history form (if a form was given to you).

### Day of your procedure

- Take your morning medications with half a glass of water.
- Continue clear liquid diet.

## 2 hours before your check-in time:

- **Stop** drinking **all** clear liquids, including water.

## Bring to your procedure:

- Health insurance card
- Photo ID
- New ostomy bag and adhesive
- Completed health history form (if a form was given to you)
- If you're having sedation, trusted adult to drive you home or ride with you if you take a bus, cab or ridesharing service

## What's an ileoscopy?

This procedure allows your doctor to look at the lining of your ileum (the last part of your small intestine).

During the procedure, your doctor looks for anything unusual, such as inflamed (swollen) tissue or bleeding.

## What happens during my procedure?

- If you're having sedation, you'll receive the medication through an IV in your arm. You may request not to have sedation.
- Your doctor will gently guide a small, flexible tube through your ileostomy (the hole in your abdomen) and into your ileum.
- Your doctor will use a small amount of air to inflate your intestine and provide a better view of the lining of your ileum. You may feel some pressure, bloating or cramping.
- Your doctor may collect tissue samples (biopsies) to send to the laboratory for testing. If your doctor takes a tissue sample, you won't feel it.

## What happens after my procedure?

- You'll be taken to a recovery area where a nurse will monitor you.
- If you received sedation, you may feel drowsy and sleep for a short time.
- If you have any cramping or bloating from the air used to inflate your intestine, this discomfort will gradually go away on its own.
- You'll be given written instructions for caring for yourself at home.
- If you received sedation, don't work or drive until the next day.
- If you feel able, you can eat and return to your regular activities when you get home.

## What are the risks of an ileoscopy?

Complications from having an ileoscopy are rare.

Possible complications include:

- Perforation (a tear) in the lining of your digestive tract, which may require surgery
- Bleeding at a biopsy site
- If you receive sedation:
  - » Receiving too much medication (oversedation)
  - » Having an allergic reaction to the medication

## When will I get my results?

Your doctor will tell you the results of your ileoscopy before you leave.

If you had a biopsy, your doctor will mail your biopsy results in 10 days. We'll contact you sooner if you need care right away.

