

Pouchoscopy: Fleet Enema Preparation

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 pouchoscopy may be canceled, or you may have to repeat your preparation and pouchoscopy.
- 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

- Buy 2 Fleet enemas. You can buy them at most pharmacies without a prescription.
- 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
- Drink at least eight 8-ounce glasses of water throughout the day. Cross out each square as you drink a glass.
- You may continue to drink clear liquids.
- Do not drink any alcoholic beverages.
- 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.
- You may continue to drink clear liquids until 2 hours before you leave your home for your procedure.

2 hours before you leave your home for your procedure:

- Give yourself 1 enema according to the directions on the package.
- Give yourself the 2nd enema right after the 1st enema.
- **Stop** drinking **all** clear liquids, including water.

Bring to your procedure:

- Health insurance card
- Photo ID
- 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 a pouchoscopy?

This procedure allows your doctor to look at the lining of your ileo-anal pouch (pouch created after your colon and rectum were removed). During the procedure, your doctor looks for anything unusual, such as inflamed (swollen) tissue or polyps (growth of extra tissue).

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.
- You'll lie on your left side during the procedure. Your doctor will gently pass a small, flexible tube through your anus into your pouch. The tube allows your doctor to see the lining of your pouch.

- Your doctor will use a small amount of air to inflate your intestine and provide a better view. You may feel pressure, bloating or cramping. Staying relaxed and breathing normally is important.
- 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.
- Any cramping or bloating will go away quickly as you pass gas.
- 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 a pouchoscopy?

Complications of a pouchoscopy are rare. Possible complications include:

- Perforation (a tear) in the lining of your digestive tract, which may require surgery
- Bleeding at a biopsy site or where a polyp was removed
- 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 pouchoscopy 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.

