

Preparation for Your Endoscopy Appointment

Arrival Time	1 hour prior to scheduled appointment time
Appointment Location	Endoscopy - Unit 2G1 Walter Mackenzie Centre / University of Alberta Hospital
Procedure Type	Pouchoscopy

Prior to your appointment

- If you need to reschedule or cancel your appointment or if you have any questions, please call the Physician's office as listed on the first page of this package.
- Please leave a confirmation voicemail with Endoscopy at 780-407-6087 as soon as possible. You may receive an automated reminder call 4-5 days prior to your appointment if you have not confirmed.
- If you are diabetic, **you must speak with your family physician (or the physician who prescribed your diabetes medication)** about using insulin or pills for your diabetes on the day of your procedure. For more information, please refer to:
 - https://myhealth.alberta.ca/health/AfterCareInformation/pages/conditions.aspx?hwid=custom.ab_diabetes_bariumenema_colonoscopy
 - <https://myhealth.alberta.ca/Health/Pages/conditions.aspx?hwid=abl0488>
- If you are taking arthritis medications or iron, **speak with the physician who prescribed these medications** about whether or not you need to stop them at least one week before your procedure.
- If you are taking blood thinners/ anticoagulation/ anti-platelet medications, please **discuss with your prescribing specialist or family doctor** if these medications can be safely stopped prior to your examination.
- You may be contacted by Alberta Health Services Pre-Registration to update your personal contact and address information prior to your appointment.
- **Arrange for a responsible adult to take you home after your procedure.**

On the day of your appointment

- Please arrive on the unit **1 hour prior to your scheduled appointment time**. Failure to do so may result in cancellation of your appointment.
- You will be sedated for the procedure. **You must have a responsible adult available to take you home by private or public transit.**
- Please have your ride come up to the unit with you to receive a pager. They will get paged when you are ready to be picked up.
- If your ride does not receive a pager, they will receive a call 1 hour before the patient pick-up time.
- **Check List for What to Bring:**
 - Alberta Personal Health Card
 - Photo Identification
 - Bring all your medications (including insulin) with you or a Medication List.**
 - Bring a bag with you for your clothing.
 - Home oxygen (full tank) and/or BiPAP/CPAP machine if you are using it.
- **Do not bring valuables, jewellery, or large sums of money.**

Preparation for Pouchoscopy

CoLyte (pineapple flavor) or PegLyte (fruit flavor)

PROPER PREPARATION IS EXTREMELY IMPORTANT FOR THIS TEST.

A clean bowel is essential for the success and safety of your pouchoscopy. Your appointment will be cancelled if the following instructions are not followed and proper bowel preparation is less than adequate.

IMPORTANT DIETARY AND MEDICATION RESTRICTIONS

- If you are taking Metamucil or iron, stop them at least one week before your examination.
- Do NOT eat seeds, grapes, corn, peas, tomatoes or cucumbers for 3 days prior to the test.
- If you take blood thinners such as warfarin (Coumadin), low molecular weight heparin (e.g. Fragmin or Lovenox) or Plavix, discuss with your prescribing specialist or family doctor if these medications can be safely stopped one week prior to your examination.
- If you are diabetic, you must speak with **your family physician** about insulin or oral hypoglycemic agent use on the day of your procedure.

ONE DAY PRIOR TO THE PROCEDURE

1. Starting at noon, have clear fluids only. Clear fluids include clear soup broth, Jell-O, tea or coffee (black only), soft drinks, clear fruit juice, Powerade, Gatorade.
2. At 8:00 p.m., start drinking 2 liters of slightly chilled CoLyte or PegLyte. It is best to drink 8 ounces every 10-15 minutes until the 2 liters are finished.

THE DAY OF THE PROCEDURE

1. In the morning take your medications with a sip of water.
2. Have clear fluids ONLY up to 2 hours prior to your appointment. Clear fluids include clear soup broth, Jell-O, tea or coffee (black only), soft drinks, clear fruit juice, Powerade, Gatorade.

Your physician has determined that pouchoscopy is necessary for further evaluation or treatment of your condition. Because education is an important part of comprehensive medical care, you have been provided with information to prepare you for this procedure. If you have any questions about your need for ileoscopy or alternative tests, do not hesitate to speak to your doctor. Endoscopists are highly trained specialists and welcome your questions regarding their credentials and training.

The following information includes answers to questions patients ask most frequently. Please read it carefully.

WHAT IS A POUCHOSCOPY?

Pouchoscopy is a procedure that enables your physician to examine the lining of your ileo-anal pouch for abnormalities by inserting a flexible tube called an endoscope, which is about the thickness of your finger, into the anus and advancing it slowly into the pouch.

HOW ACCURATE IS POUCHOSCOPY?

Pouchoscopy is the “gold standard” for assessing the lining of your pouch. It is the most accurate test and allows biopsy. However, the test is not perfect, and there is a small chance that polyps, and even cancer on rare occasions, can be missed. If symptoms of concern persist or recur, you must speak with your family physician or GI specialist.

WHAT PREPARATION IS REQUIRED?

The ileo-anal pouch must be completely clean for the procedure to be accurate and complete. Your physician will give you detailed instructions regarding the dietary restrictions to be followed and the bowel cleansing routine to be used. In general, preparation consists of drinking a large amount of a special cleansing solution and having clear liquids for your meals the day before and day of your procedure. Follow your physician’s instructions carefully. If you do not, the procedure may have to be cancelled and repeated later.

WHAT IF THE POUCHOSCOPY SHOWS SOMETHING ABNORMAL?

If your doctor thinks an area of the bowel needs to be evaluated in greater detail, a forceps instrument is passed through the endoscope to obtain a biopsy (a sample of the intestine lining). This specimen is sent to the pathology laboratory for tissue analysis. Biopsies are taken for many reasons and do not necessarily mean that cancer is suspected. If pouchoscopy is being performed to identify sites of bleeding, the areas of bleeding may be controlled through the endoscope by injecting certain medications or by coagulation (sealing off bleeding vessels with heat treatment.) If polyps are found, they are generally removed. None of these additional procedures typically produce pain.

WHAT ARE THE POSSIBLE COMPLICATIONS OF POUCHOSCOPY?

Pouchoscopy is generally safe when performed by physicians who have been specially trained and are experienced in these endoscopic procedures. One rare complication (approximately 1 in 500 to 1000) is a perforation or tear through the bowel wall that will usually require surgery. During the surgery, the hole will be closed. Bleeding may occur from the site of biopsy or polypectomy. This bleeding is usually minor and stops on its own or can be controlled through the endoscope. Rarely, blood transfusions or surgery may be required. Other potential risks include a reaction to the sedatives used to make you relaxed and drowsy for the procedure. Localized irritation of the vein where medications were injected may rarely cause a tender lump lasting for several weeks, but this will go away eventually. Applying warm packs or warm moist towels may help relieve discomfort. Although complications after ileoscopy are uncommon, it is important for you to recognize early signs of possible complication.

Contact your physician, who performed the pouchoscopy, or go to the nearest emergency department if you notice any of the following symptoms:

- severe abdominal pain
- fever and chills
- bleeding from the ileo-anal pouch of more than one-half cup. Bleeding can occur up to 10-14 days after polypectomy.

WHAT ABOUT MY CURRENT MEDICATIONS?

Most medications may be continued as usual, but some medications can interfere with the preparation of the examination. It is therefore best to inform your physician of your current medications as well as any allergies to medications several days prior to the examination.

Aspirin products, arthritis medications (NSAID’s or anti-inflammatory agents), anticoagulants (blood thinners), insulin, and iron products are examples of medications whose use should be discussed with your physician prior to the examination. You should alert your physician if you have required antibiotics prior to undergoing past dental procedures, since you may need antibiotics prior to ileoscopy as well. If you are diabetic, you must speak with **your family physician** (or the physician who prescribed your diabetes medication) about using insulin or pills for your diabetes on the day of your procedure.

WHAT HAPPENS WHEN I ARRIVE IN ENDOSCOPY?

The Registration Clerk will register you for the procedure. Please have your photo identification and Alberta Personal Health Card with you. The Endoscopy nurse will get you ready for the procedure. Paperwork for the procedure will be reviewed and you will be asked to sign the procedure consent. You will change into a gown and lie on a stretcher. The nurse will start an intravenous (IV) in your arm. When it is time for your pouchoscopy, you will be taken to the procedure room on a stretcher.

WHAT HAPPENS DURING THE PROCEDURE?

Pouchoscopy is usually well tolerated and rarely causes much pain. There is often a feeling of pressure, bloating, or cramping at times during the procedure. The procedure usually takes 15 to 30 minutes. The team of people in the procedure room will be doctors and nurses. You will lie on a stretcher on your side or on your back. The nurse will give you medication through the IV that will help you relax and make you drowsy. Your oxygen level, heart rate, and blood pressure, are monitored during the procedure. The physician will slowly advance the endoscope into the ileo-anal pouch and through the ileum while examining the bowel lining. As the endoscope is slowly withdrawn, the bowel lining is again carefully examined.

WHAT HAPPENS AFTER THE PROCEDURE?

You will be taken by stretcher from the procedure room to the recovery room. Your oxygen level, blood pressure, heart rate, and breathing will be monitored by recovery nurses after the procedure. You may have some cramping or bloating because of the air introduced into the ileum during the procedure. This should disappear quickly with passage of flatus (gas). The nurse will check with you if you have passed gas. You may need to change your ostomy bag and flange before you go home. Please ensure that you bring ostomy supplies with you to the appointment. You will stay in the recovery room until the nurse determines that you are ready to go home. Your physician will provide you with a preliminary report of the procedure in a letter or will explain the procedure to you.

If you have been given medications during the procedure, a responsible adult must accompany you home from the procedure because of the sedation used during the procedure. If you are unable to get a responsible adult to accompany you home, the procedure may either be cancelled, rescheduled or it may have to be done without sedation. Even if you feel alert after the procedure, your judgement and reflexes may be impaired by the sedation for the rest of the day, making it unsafe for you to drive or operate any machinery.

While at home, you may have some cramping or bloating but this should disappear with passage of flatus (gas). Persistent pain is very uncommon after pouchoscopy. You should contact your physician who performed the pouchoscopy or go to the nearest emergency department if this happens.

Generally, you should be able to eat after leaving the endoscopy department, but your doctor may restrict your diet and activities.

LEVEL

2

Walter C. Mackenzie Health Sciences Centre

-  Elevators/Stairs/ Escalator
-  Public Route
-  Atrium Area
-  Washrooms
-  Pedway to Parking
-  John W. Scott Health Sciences Library
-  Faculty of Medicine and Dentistry
-  Diagnostic Imaging
-  ATM

