Pouchoscopy Prep

Please review this entire document! These instructions are your physician's specific instructions. Follow all steps carefully to ensure successful prep and procedure. If you are or may be pregnant, please discuss the risks and benefits of this procedure with your Provider. **Questions? Call 317-214-5468**.

Please do your best to keep your scheduled appointment time. If you must cancel or Reschedule, please call us at 317.214.5468 at least **SEVEN DAY'S NOTICE**.

10 Days before your procedure	**Review and start following all MEDICATION GUIDELINES here.** • Consult with your prescribed provider before discontinuing any blood thinners/ anticoagulants and/or diabetic medications.
1 Day before your procedure	**Start following CLEAR LIQUID DIET** included in this document. • NO SOLID FOODS, CLEAR LIQUIDS ONLY • Drink plenty of clear liquids throughout the day to avoid dehydration. **AT 6PM:** Drink 32oz of MiraLAX prep solution - One 8oz glass every 15 -30 minutes (x4) tolerated.
The Day of your procedure	**Continue following CLEAR LIQUID DIET until 4 hours prior to appointment arrival time.** **4 HOURS PRIOR TO APPOINTMENT ARRIVAL TIME:** • STOP DRINKING, NOTHING BY MOUTH. • No eating, drinking, smoking, or vaping. No gum or hard candy. • Take any approved medication with a small sip of water at least 4 hours before the procedure. • You may brush your teeth, but don't swallow the water or the toothpaste. • **You are ready for the Pouchoscopy, if you follow all instructions, and your stool is clear enough to see the bottom of the toilet bowl after a bowel movement.**

WHAT TO EXPECT

BEFORE THE PROCEDURE

- If you are on blood thinners/anticoagulants, please contact your prescribed physician before discontinuing your medication. **Medication guidelines are included here.**
- Pouchoscopy will likely require the purchase of some over-the-counter medications and drinks allowed on the clear liquid diet. A shopping list of allowed foods and foods not allowed are included in this document.
- If you are being sedated, please plan to have a friend/family member adult driver (age 18+) for after your procedure.

THE PREP

- Be sure to have access to a restroom. Individual response time to prep may vary. You may have loose stools.
- You may be uncomfortable/bloated and feel chilled until you start having bowel movements (2-4 hours). Drinking warm, clear liquids such as tea, warm apple juice, or hot water can help.
- Alcohol-free baby wipes may help ease skin irritation.
- Use over-the-counter hemorrhoid pads if necessary.

THE APPOINTMENT

- Bring to the appointment:
    - List of all current medications (including allergy or over the counter)
    - Inhalers
    - Photo ID and up-to-date insurance information
    - Leave valuables (jewelry, smart watches, cell phones) at home or with your driver
- Arrive 1 hour prior to scheduled procedure.
- You **MUST** have a friend/family member adult driver (age 18+) remain in the building throughout the entire procedure and available to drive you home after your procedure.
- Taxi/cab, Uber/Lyft, bus and medical transport are **NOT** acceptable rides for home unless accompanied by an adult (age 18+) friend/family member.

AFTER THE PROCEDURE

Because of the sedation you are given during the procedure, you may experience sleepiness, dizziness, forgetfulness, or lightheadedness. Your judgement and reflexes may be impaired. These are normal reactions to the medication that can last for the remainder of the day.

FOR THE REMAINDER OF YOUR PROCEDURE DAY

- **DO NOT** drive a vehicle or operate complex machinery
- **DO NOT** perform any strenuous activity
- **DO NOT** drink alcohol
- **DO NOT** smoke unsupervised
- **DO NOT** make any legal decisions
- Additional information will be included on your discharge instructions

SHOPPING LIST

Required Items

- Allowed beverages for clear liquid diet
- MiraLAX® powder (119g) and Gatorade® 32oz

Optional Items

- Hemorrhoidal pads
- Alcohol-free baby wipes

CLEAR LIQUID DIET

NO SOLID FOODS. CLEAR LIQUIDS ONLY.
Be sure to drink plenty of clear liquids **with calories** on clear liquid diet days

APPROVED CLEAR LIQUIDS

- **Sports drinks/Gatorade®/VitaminWater®** No red or purple
- **Fruit juice (no pulp)** Apple, white grape, white cranberry; No red or purple
- **Soda & carbonated beverages** No red or purple
- **Clear broth/bouillon** Chicken, vegetable, beef flavors
- **Gelatin/Jell-O®** No red or purple
- **Ice pop/Popsicles®** No red or purple
- **Gummy bears** No red or purple
- **Black coffee & tea** No liquid or powdered creamer/milk (dairy/soy/nut/oat); Sugar/sweeteners OK
- **Water** Plain, flavored, carbonated; No red or purple

IF YOU ARE DIABETIC, AIM FOR 45 GRAMS OF CARBOHYDRATES PER MEAL AND 15-30 GRAMS PER SNACK

Clear liquids with about 15 grams of carbohydrates

- 4oz apple juice, 8oz sports drink, ½ cup gelatin, 2 popsicles/ice pops

Clear liquids with zero carbohydrates

- Black coffee, tea (unsweetened or diet), clear diet soda, seltzer, flavored water, fat-free broth, bouillon or consommé

⃠ NO RED ⃠ NO PURPLE ⃠ NO DAIRY ⃠ NO PULP