

### What is a pouchoscopy?

- Pouchoscopy is a procedure that allows your provider 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.

### How do I prepare for the pouchoscopy?

- Your provider will order your bowel preparation. Usually, the preparation consists of drinking a bottle of Magnesium Citrate and completing one or two enemas prior to the procedure; but this could also include laxatives or diet modifications as well.
- If you have a history of renal failure or kidney disease, let your provider know.
- Be sure to follow the specific diet instructions given by your provider.
- All jewelry should be left at home.
- Some of the medicine you take may need to be stopped or adjusted temporarily. You should discuss all blood thinners, insulin, or diabetes medications with the prescribing provider at least 2 weeks before the pouchoscopy. Do not stop these medications without the content of your provider.
- Be sure to let your provider know if you are pregnant before the day of the pouchoscopy.
- Arrange for a driver and someone to be with you for the day. You will not be allowed to drive if you receive sedation.

### What are the potential complications?

- Undesired effects from anesthesia.
- A tear in the wall of the colon.
- Bleeding.
- If you have any questions, please ask your provider.

### What should I expect before the pouchoscopy?

- Your provider will explain the risks and benefits of the test to you.
- You will sign a consent form for the procedure.
- A small IV will be put in a vein so sedation can be given during the procedure.
- Glasses will be removed prior to the procedure

### What can I expect during the pouchoscopy?

- Medicine will be given through the IV line to help you relax and feel drowsy.
- Your blood pressure, pulse, and oxygen levels will be monitored during the procedure.
- The provider inserts the endoscope into the anus and advances it slowly into the pouch.
- You may have a feeling of pressure or fullness during the pouchoscopy.
- The provider may take a painless biopsy of the lining of the GI tract.

### What should I expect after the pouchoscopy?

- Your blood pressure, pulse, and oxygen levels will be monitored in the recovery area.
- Your family and friends can be with you after the procedure.
- You might have oxygen on for a short time.
- You may feel bloated after the procedure.

- If you are taking Coumadin, Plavix, or other blood thinners, ask your provider when to restart those specific medications.
- The nurse will give you written discharge instructions before you leave.

### **When can I expect my results?**

- Your provider will tell you what was found before you go home.
- You will receive your biopsy results in the mail in two to three weeks.
- You may call your provider's office with any questions or concerns.