

## About an ileoscopy

An ileoscopy is an examination of the lining of the lower portion of the small intestine, which is known as the ileum. This procedure is performed with a colonoscope, which is a long, thin, flexible tube with a tiny video camera and light at the end. The scope will pass through your stoma site to view your intestines.

Your intestines need to be cleansed thoroughly to complete the procedure. It is very important that you follow the instructions in this brochure.

You will be given an intravenous line through which sedative medications will be administered.



### Planning for other medical conditions

A registered nurse will call you prior to your procedure to go over your health history.

#### Please contact your prescribing provider if you:

- Take Coumadin, Plavix, or another blood thinning medication. You may be placed on a different blood thinner until your procedure.
- Have diabetes and use any medications to control your blood sugar. Your primary care provider may instruct you to adjust your medication the day before and the day of your colonoscopy. Continue to monitor your blood sugar as usual.



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French: ATTENTION: Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement.  
Appelez le 1-888-986-6341 (ATS: 711)

Spanish: ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística.  
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## Preparing for your ileoscopy

We want to make you as comfortable as possible during your procedure. We know it can be difficult, and we want to make sure you are prepared to have the best results. Here is a helpful guide to get ready for your procedure.

You have been scheduled for a procedure with:

\_\_\_\_\_  
Physician name

There are circumstances in which your physician may change on the day of your procedure.

Date \_\_\_\_\_

Arrival times are given seven days before your procedure. Any time given to you before that point is subject to change.

If you have any question or concerns, please call us at 207.973.4266, option 2.

#### Location for your procedure

Please arrive at **Northern Light Endoscopy**, located on the third floor of the Kagan Parking Garage, 489 State Street, Bangor, ME 04401.

# Instructions and preparation

Please follow these instructions carefully to avoid having to reschedule your appointment.

## Five Days Before Your Procedure

- ☐ **Purchase the following from your pharmacy:**
  - A 238 gram bottle of Miralax
  - Four Dulcolax tablets (5 mg)
  - A 64 oz. bottle of Gatorade (not red, blue, or purple)
  - Assorted clear liquids
- ☐ **Stop taking the following:**
  - Ibuprofen, Advil or any other NSAID (non-steroidal anti-inflammatory drug).
  - Fish Oil
  - Pepto Bismol
  - Iron supplements or multivitamins with iron
  - Fiber supplements
  - Foods with seeds or nuts including strawberries, tomatoes, and bananas

**You may remain on:** 81 mg of aspirin.

## One Day Before Your Procedure

- ☐ **Drink clear liquids only (nothing red, blue, or purple).**

**You may drink these clear liquids**

  - Water
  - Popsicles
  - Clear fruit juices such as apple or white grape
  - Coffee or tea without cream or dairy
  - Gatorade
  - Soft drinks, lemonade, ice tea, and Crystal Light
  - Plain flavored Jello (not red, blue, or purple)
- ☐ **At 5 pm**
  - Mix a 119 gram bottle of Miralax with 32 oz of Gatorade.

## Plan ahead! Who will your support person be?

Please arrange for someone to come in with you, receive discharge instructions, and sign you out. They will also need to drive you home. We highly recommend someone stay with you for 24 hours after your procedure.

## The Day of Your Procedure

- ☐ **Do not eat solid foods.** Drink clear liquids only until two hours before your arrival time.
- ☐ **Two hours before your arrival time**
  - Take one Fleet Enema.

### Please remember

- Arrive at the time provided to you during your confirmation call.

## Get Ready for your procedure with GetWell Loop

We use Northern Light Health's GetWell Loop to stay connected before and after your procedure. This tool provides you with checklists to help make sure you're ready for the day of your procedure. It also keeps your healthcare team up to date on your recovery. Skip the phone call and confirm your procedure, get your arrival time, and get your questions answered through this interactive tool!