

# Vanderbilt University Medical Center

## GI Endoscopy Lab

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### SMALL BOWEL UPPER ENTEROSCOPY

An **upper small bowel enteroscopy** is an examination of the small bowel with the use of an overtube and a special endoscope. This special equipment allows for deeper access to the small intestine to diagnose and provide treatment for small bowel disorders.

**PREPARING FOR an Upper Small Bowel Enteroscopy** The day prior to your procedure date, eat and drink only clear liquids for the **entire day**.

#### Things you can have

- Apple Juice
- Gatorade (**no** red or purple)
- Soft drinks: Coke, Pepsi, 7-UP
- Kool-Aid (**no** red or purple)
- Tea (without lemon)
- Coffee (without cream)
- Jell-O (**no** red or purple)
- Kool-Aid-type popsicles (**no** red or purple)
- Clear beef or chicken bouillon (cube type only; no more than 3 cubes for the entire day.)

#### Things you **should not** have

- Dairy Products
  - Solid Foods
  - Pudding Pops
  - **Red or purple liquids of any kind**
  - Alcohol
  - Smoking (24 hours prior)
  - Gum chewing (24 hours prior)
  - Hard candy (24 hours prior)
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- Purchase over-the-counter Miralax, which is a laxative solution. You will need to purchase a container of Miralax that contains at least 51 grams (6 tablespoons) of powder.
  - Prepare the solution by mixing 17gms (2 tablespoons) of Miralax powder in 8 oz of water. You will prepare a total of 3 glasses of solution. Consume 8 oz. of the prepared solution every half hour (x 3), for a total of 24 oz. Begin taking this prep solution between the hours of 4:00 p.m. and 6 p.m.  
*\*If nausea, vomiting or abdominal fullness occur, the liquid can be consumed at a slower rate. It is very important to finish all 24 oz. Once finished, you may continue clear liquids.*
  - After 10 p.m. do not eat or drink anything except necessary medications with sips of water. (no medications two hours prior to exam)  
**\*\*The solution may not produce a colon (large bowel) cleansing. Its purpose is to flush the small bowel of stool.**

This procedure is typically performed with anesthesia or sedation. This will be discussed when you are contacted by a nurse for your pre-assessment evaluation. If it is determined that sedation or anesthesia is necessary depending on your diagnosis and/or physician preference, a driver must accompany you and stay in the waiting area during your procedure. This test may last more than 2 hours, please plan accordingly.

**If you have any questions regarding the test or instructions above please call the Endoscopy Nurse at (615) 322-1881.**