

 Vanderbilt University Medical Center
GI Endoscopy Lab

ILEOSCOPY

Ileoscopy is an endoscopic exam using a slim, flexible tube with a camera at the tip to provide a close-up color view of the lower small intestine.

The day prior to your procedure date, eat and drink only clear liquids for the **entire day. Nothing to eat or drink 8 hours prior to the procedure.**

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

POUCHOSCOPY

Pouchoscopy is an endoscopic exam using a slim, flexible tube with a camera at the tip to provide a close-up color view of the lower small intestine.

PREPARING FOR a Pouchoscopy

At 6 p.m. the night before your procedure, drink 1 bottle of magnesium citrate. You may purchase this at any drug store. Starting 24 hours prior to your procedure, eat and drink only clear liquids for the **entire day**. Nothing to eat or drink 8 hours prior to the procedure. Empty pouch 1 to 2 hours prior to scheduled procedure time.

This procedure is typically performed without 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 a driver must accompany you and stay in the waiting area during your procedure.

If you are a patient that has an ostomy, please bring supplies with you as they are **not** available in our unit.

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