



You have been scheduled for an ostomy exam at UNC Health Care. Please read the following information carefully.

What is an ostomy exam?

The purpose of an ostomy exam is to look inside the surgical ostomy as well as the remaining colon and/or ileum. The doctor will pass a flexible tube that has a small camera and headlight which allow them to see the inside of your ostomy on a TV monitor. The doctor can take biopsies of any abnormal areas, and can also remove polyps. Typically this test is done with sedative medications.

How to prepare for an ostomy exam?

One week before the ostomy exam:

- You should stop taking non-steroidal anti-inflammatory medicines (e.g., ibuprofen) and Aspirin *unless* it has been prescribed by a doctor.
- If you take Plavix (Clopidigrel), Coumadin (Warfarin), or other blood thinning/anticoagulation medicines then you should discuss what to do with your doctor.
- If you have a colostomy, purchase two 64 ounce bottles of Gatorade (do not purchase a red or purple colored flavor and purchase Pedialyte if you have diabetes), as well as an 8.3 ounce bottle (14 day supply) of Miralax or a generic equivalent of this medication. This is available without a prescription. If you have an ileostomy you do not need this medication.

One day before the ostomy exam:

- What to eat:* You must not eat any solid foods the day before your ostomy exam. You may only eat a clear liquid diet, including clear broth, Jell-O, and popsicles.
- What to drink:* You must drink only clear liquids for breakfast, lunch, and dinner. Be sure to drink plenty of liquids throughout the day, in addition to what is instructed in your bowel prep. Liquids you CAN drink include water, black coffee, tea, apple juice, soda pop, club soda, and sports drinks such as Gatorade. Liquids you can NOT drink include milk, orange/pineapple juice, coffee with cream, and alcohol.
- Taking your "bowel prep":*
 - If you have an ileostomy then you do not need to take a bowel prep.**
 - If you have a colostomy** then we recommend a "split prep", which means you will take one half of the prep the evening before the test, and the other half the day of the test. Mix half the Miralax powder (or generic equivalent) with one 64 ounce bottle of chilled Gatorade (if diabetic use Pedialyte). Mix the other half of the Miralax powder with the other 64 ounce bottle of Gatorade. Shake both bottles well. Drink one 8 ounce glass of this solution every 15 minutes until one bottle (64 ounces) is completed. Put the other bottle of the Miralax-Gatorade solution in the refrigerator for the next morning. After you are done do not eat any solid food until AFTER your ostomy exam is over. You can ONLY consume clear liquids. We recommend drinking 8-16 ounces of clear liquid to help prevent dehydration.
- Medications:* If you have diabetes we recommend you take only one-half the dose of long acting insulin (e.g., Lantus) the night before the ostomy exam.

The day of the ostomy exam:

- *What to eat:* you must not eat any food, chew gum, or suck candy until AFTER the ostomy exam is over.
- *What to drink:* You may drink water, black coffee (without sugar, milk or cream), apple juice, soda pop, or club soda. Stop drinking these liquids at least 3 hours before the ostomy exam.
- *Medications:* do NOT take any medication for diabetes, diuretics (such as lasix/furosemide), or blood pressure medicine that ends in “-pril” or “-artan”. You may take your other medications with a small amount of liquid up to four hours before the ostomy exam.
- *Taking your “bowel prep”:*
 - **If you have an ileostomy then you do NOT need to take a bowel prep.**
 - **If you have a colostomy** then you should have already completed one-half of the prep the night before the procedure. You will take the prep just as you had done the night before. Drink one 8 ounce glass of this solution every 15 minutes *until your stool output is clear* (meaning no solid particles). **You start taking the second half of your prep 4 hours before the time your exam is scheduled, and finish at least 2 hours before, even if that means having to get up very early.** For example, if your exam is scheduled for 1:00 PM then take the second part of your prep at 9:00 AM and finish by 11:00 AM the morning of your exam. If your exam is scheduled for 9:00 AM then take the second part of your prep at 5:00 AM and finish by 7:00 AM the morning of your exam. We know it is hard to get up this early, but it is very important to take the second part of your prep 4 hours before your exam in order to get the best results.
- **After you complete the prep do not take any other liquid or food. Arrive 60 minutes before your scheduled appointment accompanied by an adult who can drive you home after the test.**
- Please make sure you bring your hospital card and a list of your current medications. Please also bring at a new set of ostomy supplies in case it needs to be changed.
- **You must be accompanied by an adult who can drive you home after the test.** The exam will not be done unless a person at least 18 years old comes with you and stays in the GI Procedure waiting room during the exam.
- You should expect to spend up to 4 hours in our procedures unit, longer if you are scheduled to have an additional test done on the same day.

After your ostomy exam

After the ostomy exam is completed we will observe you in a recovery area for approximately 30 minutes. Before you leave, the doctor will explain the results of the exam, and also give you a report and instructions.

The person who came with you must sign you out and drive you home. You cannot drive or go back to work for at least 12 hours.

If you have any questions or need to reschedule your exam please call 919-966-5563 (if your exam is scheduled for UNC Hospital) or 919-843-7200 (for UNC at Meadowmont).

If you have an urgent question after hours please page the GI fellow on call at 919-966-4131.