



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

What is a pouch exam?

The purpose of a pouch exam is to look inside the surgical pouch (otherwise known as a “J-pouch” or IPAA). The doctor will pass a flexible tube that has a small camera and headlight which allow them to see the inside of your pouch on a TV monitor. The doctor can take biopsies of any abnormal areas, and can also remove polyps. Sometimes this test is done with sedative medications.

How to prepare for a pouch exam?

One week before the pouch 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.
- Purchase 64 ounces 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.

One day before the pouch exam:

- What to eat:* You must not eat any solid foods the day before your pouch 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”:* It is important to properly clean the inside of your pouch so the physician can do a complete and thorough exam. Mix the Miralax powder (or generic equivalent) with 64 ounces of chilled Gatorade (if diabetic use Pedialyte). Shake well. Drink one 8 ounce glass of this solution every 15 minutes until one-half (32 ounces) is completed. For most people with pouches this should be enough to lead to a “clear” stool output, meaning it is a yellow liquid (without many solid particles) that looks like urine. However, if your stool output is still not clear you should continue to drink one 8 ounce glass every 15 minutes until the stool output is clear. After you are done 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 pouch exam.

The day of the pouch exam:

- *What to eat:* you must not eat any food, chew gum, or suck candy until AFTER the pouch 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 pouch 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 pouch exam.
- **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. If you have an ostomy, please bring a new set of supplies in case it needs to be changed.
- If you choose to have the pouch exam performed without sedative medications you may come alone. **If you choose to have the pouch exam performed with sedative medications then 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 pouch exam

After the pouch 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.

If you received sedative medications then 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 were not given medication for sedation, you will be able to walk, drive or take a van, bus or taxi after the exam.

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.