

 **What Is an ileostomy exam?**

- The purpose of an ileostomy exam is to look inside the ileum through your ostomy. The doctor will insert a small flexible tube with a camera that allows them to see the inside of your intestine on a TV monitor. The doctor can take biopsies of any abnormal areas. Since the camera is only inserted about 1 foot into the intestine and the duration of the procedure is usually <5 minutes, this test can be done with or without anesthesia depending on your preference.

 **Important: You Must Bring a Driver if you plan to receive anesthesia**

- You **must have a responsible adult (18+)** to drive you home.
- No driver = **procedure will be rescheduled**.
- Your drop off driver can be a different person than your pick up driver.
- Your pick up driver must remain within **20 minutes** of the facility and sign you out afterward.
- You cannot drive or go back to work for at least 12 hours after leaving the hospital, *if you have anesthesia*.

 **Diet Instructions**

***Starting the whole day *before* your procedure, until midnight:**

- **CLEAR LIQUIDS ONLY.**
Acceptable: sodas, *clear* juices, sports drinks, popsicles, jello, broth, black coffee/tea, **non-fat** Greek yogurt or **non-fat** pudding (white/yellow flavors only), skim milk, Ensure Clear or Boost Breeze, water/flavored water, sugar or sugar substitutes in coffee/tea
Avoid: red, blue, or purple liquids, creamers, honey, anything containing fat, juice with pulp
- **NO solid food.**

After midnight:

Only water, apple juice, sprite, ginger ale, or black coffee/tea
NO dairy, broth, creamers, honey, gum, mints, or candy

3 hours *before* your procedure time:

- **Nothing by mouth** — no food or drink.
- Take medications with **water**, if needed, **at least 3 hours** before your procedure

 **Medication Instructions**

- Most medications can be taken as usual.
- **Important:** Check page 3 of your packet to see if *any of your medications need to be adjusted.*

 **Contact Information**

- **To Cancel:** Text (984) 974-5050
- **To Reschedule:** Call (984) 974-5050 → Option 1 → then Option 2
- **Questions?** Call the nurse line and leave a message: (984) 974-5052 (M-F, 8 AM–4 PM)
- **Urgent after-hours issue?** Call UNC operator at (984) 974-1000 and ask for the “On-Call GI Fellow”
- **Emergency?** Call 911

 **Reminders**

- Review your full instruction packet (especially diet and meds).
- Bring your driver and arrive on time.
- Plan to be at the clinic for **up to 4 hours** total.
- Once we finish the exam, we will watch you in the Recovery Area for 30 minutes. Before you leave, the doctor will explain the results of the exam and any instructions to you and the person who came with you.

Your Location May Be:

1. **UNC Memorial Hospital** – 101 Manning Dr., Chapel Hill, NC
(Dogwood Parking Deck or valet) Take elevators down to basement level.
2. **UNC Hillsborough Campus** – 460 Waterstone Dr., Hillsborough, NC (2nd floor)
3. **UNC GI Endoscopy Center (Meadowmont)** – 300 Meadowmont Village Cir., Suite 302, Chapel Hill, NC (third floor)

MEDICATION GUIDE FOR ILEOSCOPY

<u>Medication Type/Examples</u>	<u>Day Before</u>	<u>Day Of</u>
Aspirin (81mg or 325mg)	<input checked="" type="checkbox"/> Take as normal	<input checked="" type="checkbox"/> Take as normal
Over-the-counter Pain Meds (Ibuprofen, Tylenol, etc.)	<input checked="" type="checkbox"/> Take as normal	<input checked="" type="checkbox"/> Take as normal
Levothyroxine (Synthroid)	<input checked="" type="checkbox"/> Take as normal	<input checked="" type="checkbox"/> Take as normal
Dietary Supplements (fish oil, fiber, iron, Vitamin E, etc.)	<input checked="" type="checkbox"/> Do NOT take	<input checked="" type="checkbox"/> Do NOT take until after procedure
Long-acting Diabetes Meds (Lantus, Levemir, Tresiba, etc.)	<input checked="" type="checkbox"/> Take half dose	<input checked="" type="checkbox"/> Do NOT take until after procedure
Short-acting Diabetes Meds (Humulin, Humalog, Metformin, Glipizide, Jardiance, etc.)	<input checked="" type="checkbox"/> Take as normal	<input checked="" type="checkbox"/> Do NOT take until after procedure
Diuretics ("Water Pills") (Lasix, HCTZ, Spironolactone)	<input checked="" type="checkbox"/> Take as normal	<input checked="" type="checkbox"/> Do NOT take until after procedure
Certain BP Meds (ACE inhibitors, ARBs- end in 'pril or 'atan), Entresto	<input checked="" type="checkbox"/> Take as normal	<input checked="" type="checkbox"/> Do NOT take until after procedure
Other BP Meds (Metoprolol, Amlodipine, Carvedilol, etc.)	<input checked="" type="checkbox"/> Take as normal	<input checked="" type="checkbox"/> Take as normal
Statins (Atorvastatin, Simvastatin, etc.)	<input checked="" type="checkbox"/> Take as normal	<input checked="" type="checkbox"/> Take as normal
Seizure Medications	<input checked="" type="checkbox"/> Take as normal	<input checked="" type="checkbox"/> Take as normal
Anti-anxiety / Depression / Antipsychotics	<input checked="" type="checkbox"/> Take as normal	<input checked="" type="checkbox"/> Take as normal
Blood Thinners (Eliquis, Plavix, Xarelto, Coumadin, Brilinta, Effient, etc.)	<input checked="" type="checkbox"/> You should have received guidance.	Call 984-974-5052 if you have no instructions.
GLP-1's (Trulicity, Ozempic, Mounjaro, Wegovy, Zepbound, etc.)	<input checked="" type="checkbox"/> Take as normal	<input checked="" type="checkbox"/> Take as normal

 **Tips:** If your medication does not appear on this list and is not included in one of these categories, it can be taken normally.

If you need to take any approved morning medications on the day of your procedure, do so with **water at least 3 hours before** your appointment.