



## **Ileoscopy - with sedation**

NOTE: Most patients undergoing ileoscopy require no sedation. These instructions are only for those undergoing the exam with sedation. If you do not require sedation, instead refer to the **Ileoscopy-no sedation** instructions.

**Important!** This exam requires that you have an empty stomach. You should not consume any food for 12 hrs before the procedure. Stop drinking all fluids (including clear liquids and water) 4 hrs before the exam (minimal sips are allowed only to take your usual medications). Avoid gum and hard candy.

**Medications:** If you take insulin or other diabetic medicines, dosage adjustments will be provided for you. Bring your insulin with you so that you can take it after the procedure if necessary. All other meds should be taken at their usual time with a few sips of water.

### **What is it and why do I need it?**

Ileoscopy is an endoscopic procedure that uses a tiny camera attached to a scope to examine the lower portion of the small intestine (the ileum). It is most often used to diagnose the cause of bleeding, high output and Crohn's disease.

### **The preparation**

Consume a clear liquid diet the night before or if an afternoon exam, for breakfast that day. Stop drinking all fluids (including clear liquids and water) 4 hrs before the exam (minimal sips are allowed to take your usual medications). Avoid gum and hard candy.

### **The risks**

You will be asked to sign a consent form at the time of the exam. The risks of ileoscopy are low (under 1%), but do include bleeding, perforation, infection, tearing of the lining, aspiration, medication reactions and heart/lung problems. If you have concerns about these risks, please contact your physician before your procedure. You will also be able to discuss this with your physician at the time of the exam.

### **The procedure**

The entire process, from when you arrive to when you leave, may take 2 hours. In the preparation area, you will be asked questions about your health history. After sedation, the flexible scope will be inserted into your stoma and into the ileum. Air will be inflated to better see the lining and biopsies may need to be taken. The procedure usually takes 10 minutes.

## **After the procedure**

Most patients experience little if any discomfort. In the recovery unit, your physician will discuss the results with you and give you discharge instructions. You and your driver will remain there until your sedation has worn off to a satisfactory level. After discharge, you may resume your usual diet and light activities and return to work the following day. However, you may not drive, make important decisions or operate machinery the rest of the day. You must have someone at least 18 yrs old with you during the entire time from check-in through recovery and to drive you home after the exam (a taxi or bus is not an option). A report will be sent to your referring physician. If any biopsies are taken, you will be contacted with the results.