



## Ileoscopy

Date: \_\_\_\_\_

Arrival Time: \_\_\_\_\_

Where: 3<sup>rd</sup> Floor Parking Garage, Kagan Endoscopy

An Ileoscopy allows your doctor to examine the lower portion of the small intestine (the ileum). Biopsies may also be taken.

### Please contact your prescribing provider if:

- If you are on Coumadin, Plavix, or another blood thinning medication, you may be placed on a different blood thinner until your procedure.
- If you are a diabetic and on any medications to control your blood sugar, your primary care provider may instruct you to adjust your medication the day before and the day of your procedure. Continue to monitor your blood sugar as usual.

### Please let us know if:

- Have a pacemaker or defibrillator. If you have the device card, please bring it with you.
- Allergic to any medications.
- Are taking Versed or Fentanyl.
- Have history of a bleeding disorder.
- Have frequent unexplained bleeding.

### 7 Days Before Your Procedure

Purchase from your Pharmacy:

- One fleet enema
- A 119 gram bottle of Miralax
- A 32 oz bottle of Gatorade (not red, blue or purple)

Stop taking:

- Fish Oil
- Pepto Bismol
- Iron Supplements or multivitamins with iron
- Aspirin or aspirin containing products
- Fiber supplements
- Foods with seeds or nuts including strawberries, tomatoes, and bananas.

**For more information, please contact**

Northern Light Gastroenterology, 417 State Street, Suite 121, Bangor, Maine 04401  
Phone: 207.973.4266 | fax: 207.973.5151

## 1 Day Before Your Procedure

- Drink clear liquids only (nothing red, blue, or purple)
  - Clear liquids include
  - Water
  - Popsicles
  - Clear fruit juices such as apple or white grape
  - Coffee or tea without cream or dairy
  - Gatorade
  - Soft drinks, lemon, ice tea Crystal Light
  - Plain flavored or unflavored Jello (no red, blue or purple)

## 5 PM

- Mix 119 gram bottle of Miralax with 32 oz of Gatorade.

## Day of Your Procedure

- **Stop** all liquids 4 hours before your scheduled ileoscopy time (*clear liquids allowed up until that time*)
- **Do NOT eat solid foods**
- **2 Hours before exam take one Fleet Enema**

## Questions about your procedure?

Please call \_\_\_\_\_ at \_\_\_\_\_

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