

# About Your Ileoscopy

---

## *What you need to know and do*

Ileoscopy is an exam using a slim, flexible tube with a camera at the tip to provide a close-up color view of the lower small intestine.

Please bring your ostomy supplies with you when you come for your exam.

### What should I eat or drink?

#### *The day before your exam:*

- You may have **only** clear liquids the **entire day**.
- Things you can have for your liquid diet are:
  - apple juice, soft drinks (Coke, Pepsi, 7 Up)
  - Gatorade, Kool-Aid, Kool-Aid-type popsicles, Jell-O (but no red or purple)
  - tea and coffee (without lemon or cream)
  - clear beef or chicken bouillon (cube only; no more than 3 cubes for the whole day).
- Things you **should not have**:
  - dairy products, solid foods, or pudding pops
  - red or purple liquids of any kind
  - alcohol, cigarettes, tobacco products
  - chewing gum or hard candy.

#### *The day of your exam:*

- You may continue to drink clear liquids up to 2 hours before your exam.
- Wear loose fitting clothes, remove jewelry.

### Will I get anesthesia or sedatives?

Yes, the exam is usually done with anesthesia or sedatives. If so, a responsible adult must come with you to the appointment. This person must stay in the waiting area and drive you home.