

General guidelines for your Balloon-Assisted Enteroscopy

Why it's performed:

Balloon-assisted enteroscopy is a procedure performed to reach and treat hard to reach colon or polyps or areas of bleeding in the gastrointestinal tract (GI). During the procedure, gastroenterologists use endoscopes to see the area of the body being treated.

The endoscopes used are equipped with balloons that inflate and deflate to pinch together the walls of the GI tract. By compressing the walls, the gastroenterologist can reach and treat hard to reach areas.

This is used in upper GI tract. This procedure can provide access to the small intestines. The small intestine is very long, which makes it difficult to access using other procedures.

Our physicians use Balloon-assisted enteroscopy to:

- Identify and treat the cause of GI bleeding.
- Take tissue samples to examine for a laboratory diagnosis.
- Remove small bowel polyps or a foreign body.
- Enlarge a narrowed pathway (stricture) in the upper or lower GI tract.

Before procedure:

- The hospital will call you a few days before your procedure to tell you what time to arrive. If you need information before receiving this call you call the hospital PAT department at **732-828-3000 x36616**. If you need to confirm your arrival time after you have received this call you can call the endoscopy schedulers at **732-253-3210**.
- Arrival times are given to admit you to the unit and prepare you for your procedure. It is important that you arrive at your given time. ***Please Note: Unlike surgery centers this unit treats both inpatients and outpatients and emergencies may arise that may cause delays in scheduled procedure. Please be patient and know that we will provide you with the best care when you go into your procedure. Due to the unpredictable nature of procedure units, please be prepared to spend the day here.***
- Some procedures or recoveries require an overnight hospitalization that we may not always be able to predict, so be prepared to stay in the hospital if necessary.
- Do not bring any valuables or wear any jewelry the day of your procedure as we do not have space for you to secure belongings.

- Because you will be given medication that will put you to sleep for the procedure you will need to bring someone with you to take you home. You cannot drive or take public transportation alone for 24 hours after the procedure. We have limited space in the waiting area and we only can allow one visitor to wait during your procedure.
- If you need to send proof of your COVID vaccine please email it to VaccineStatus@rwjbh.org

Medications

- If you are taking medications for high blood pressure, seizures, or if you are taking prednisone, you may take these medications the morning of the procedure or at least 2 hours before the procedure with a small sip of water.
- If you are diabetic:
 - If you take a “sugar” pill, **do not** take it on the day of your procedure.
 - If you are taking regular insulin (R), **do not** take it on the day of your procedure.
 - If you are taking any other insulin preparation, please contact your prescribing physician for instructions.
- If you are taking any blood thinners contact your prescribing physician for instructions on when to stop taking this medication.
- If you are taking aspirin daily continue to take this medication.
- Tell your doctor if you have allergies

Prep/Diet

- Do **not** eat or drink anything 8 hours before your procedure to clear your esophagus of food products.

Day of procedure:

Your procedure will be done at Robert Wood Johnson University Hospital in the endoscopy suite on the second floor above Walgreens. The address is:

1 Robert Wood Johnson Place
New Brunswick, NJ 08901

Arrive 1 ½ hours before your scheduled procedure time. When you arrive, you will register and give your medical history. You will need a responsible adult with you who will accompany you home. Bring with you a photo ID, insurance card, a list of medications that you take.

PARKING

- Park in the hospital parking lot located on Little Albany Street and take the elevator to the 1st floor. Bring your parking ticket with you when you enter the hospital. Upon arrival stop at the information desk on the 1st floor to check in and have your parking validated. Turn left as you exit the elevator on the 1st floor and take the North building elevators located in the main lobby to the 2nd floor. When you get out of the elevators make a right and another quick right. At the end of that hallway make a left, pass the Cardiac Cath lab and a set of elevators on your right. You will then see the Endoscopy department on your left-hand side above Walgreens and Starbucks.

During Balloon-assisted Enteroscopy:

- We will start an IV in your vein to give fluids, medications to put you to sleep, and other needed medications.
- Your doctor will pass the endoscope with an outer sleeve into the small bowel through your anus or mouth. Your doctor will look at the images on a screen. Doctors may use x-ray guidance to advance the scope.
- An attached balloon inflates and deflates to help your doctor to reach the area requiring diagnosis or treatment.
- Special tools can be used to get biopsies, treat bleeding, or any other treatment that is needed in the deep part of the small bowel that is now accessible.

After procedure:

Once the procedure is finished you will recover from anesthesia in the endoscopy unit. Your doctor will discuss the procedure with you. *Please be advised, it is common after receiving anesthesia to forget some of the conversation you had with your doctor. For this reason, we suggest a family member be available for this conversation at your request.*

Do not drive, operate heavy machinery, or drink alcohol for 24 hours after your procedure. You should go home and rest after your procedure.

We recommend that you eat something light since you have not eaten for over 8 hours. Avoid fried foods, fatty foods and large quantities of food. Things such as: scrambled eggs, toast, a sandwich are good choices. You may eat more food once you have tried something light to make sure you do not become sick to your stomach. You may also have excess gas, so you may choose to avoid foods that cause additional gas, such as beans or carbonated beverages.

Call your doctor right away for:

- Severe or new onset abdominal pain that doesn't improve by passing gas
- Rectal bleeding that turns the entire toilet bowl red
- Fever greater than 101.5 or chills
- Vomiting blood, black or coffee ground looking material
- Severe dizziness, fainting or chest pain

Common Side Effects:

- Sore throat
- Nausea or Vomiting
- Excessive gas, bloating or cramping

Please Note: *These symptoms should improve with each day. Should any of these symptoms be more severe in nature or longer in duration than your doctor has described, please contact your doctor.*

Medications after discharge:

You can resume your daily medications following your procedure. If you are taking any medications that thin your blood discuss with your doctor when to resume these medications.

Commonly prescribed blood thinners:

- Rivaroxaban (Xarelto)
- Dabigatran (Pradaxa)
- Apixaban (Eliquis)
- Heparin
- Warfarin (Coumadin)
- Clopidogrel (Plavix)
- Aspirin
- Enoxaparin (Lovenox)
- Ticagrelor (Brilinta)

Follow up:

Contact your physician to schedule a follow up appointment:

Clinical Academic Building (CAB)

125 Paterson Street

Suite 5100B

New Brunswick, NJ 08901

Phone: 732-235-7784

IMPORTANT PHONE NUMBERS:

Rutgers GI Clinic: 732-235-7784

Robert Wood Johnson Schedulers: 732-828-3000 x33210

GI clinic Schedulers: 732-235-5973

Interventional GI clinic Schedulers: 732-235-8970

Hospital PAT department **732-828-3000** x36616

For after hour **emergencies** call 732-235-778

FAQs:

How far can the balloon enteroscopy go?

The system allows the endoscope to advance very deep into the small intestine, an organ that is approximately 20 feet in length. This technique allows doctors to diagnose and treat various conditions of the small intestine.

How long does this procedure take?

The test itself usually takes about 1 ½ hours to 2 hours. After the test you will rest until the effects of the medicine wear off.

Is this procedure painful?

It is not usually painful. People usually only have mild discomfort.