

Facts about J-Pouch Procedures

Digestive Disease Institute

What is a J-pouch?

When the colon (large intestine) and rectum are removed (due to chronic colitis, cancer or other colorectal diseases), another method must be devised for solid waste to exit the body. Surgically creating a “J” shaped reservoir, or J-pouch, out of an individual’s own small bowel (small intestine) is an alternate way for you to store and pass stool.

What are other names for a J-pouch?

Other commonly used names include ileal pouch and pelvic pouch. Similarly constructed ileal pouch types include the S-pouch and K-pouch (Kock pouch or continent ileostomy). Most patients at Cleveland Clinic Florida request and receive a J-pouch, which is the current “gold standard” of surgical procedures.

How is a J-pouch created?

In a surgical procedure called a total proctocolectomy and ileal pouch anal anastomosis (IPAA), the entire colon and rectum are removed. A reservoir is created from the distal small bowel (called the ileum), which is then joined to the anal canal. This pouch serves as a storage place for the stool that the patient is able to pass through the usual route, eliminating the need for a permanent external bag (ostomy).

Who is a J-pouch for?

J-pouch procedures have become the preferred option for treating chronic ulcerative colitis (CUC) in which



medical therapy fails to control symptoms. J-pouches also are used for familial adenomatous polyposis (FAP) and occasionally, colon and rectal cancer.

What are the benefits of a J-pouch?

In a survey of patients who had J-pouch procedures at Cleveland Clinic, one of the greatest benefits cited was having control over bowel movements and being free from the need to instantly find a restroom.

Why come to the Cleveland Clinic Florida?

Cleveland Clinic Florida’s Department of Colorectal Surgery is world-renowned for achieving excellent outcomes. As the largest colorectal surgery center in Florida, our specialists routinely treat both common and complex problems.

Due to our extensive experience creating successful J-pouches and repairing failed pelvic pouches, patients have been referred to the Department of Colorectal Surgery from almost all of the 50 United States and many Canadian provinces. In addition, numerous international patients have been referred from Asia, Europe, the Middle East, South and Central America, the Caribbean, and Puerto Rico.

As an alternative to traditional surgery, Cleveland Clinic Florida was the first center to offer minimally invasive laparoscopic J-pouch procedures, typically resulting in faster recovery and less pain.

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Our doctors are recognized by our peers as “the best” in publications including *The Best Doctors in America* (national editions, 1994-2008), *The Best Doctors in America* (southeast edition, 1997-1998), *Town and Country* (1990), *South Florida* (1991), *American Health* (1996), *Good Housekeeping* (1999), *Miami Metro* (2000), *Where to Find the Best Doctors* (2000), *America’s Top Doctors* (2002-2007), and *America’s Top Cancer Doctors* (2005-2007).

Digestive Disease Center

With the expertise of the largest colorectal surgery center and one of the largest small bowel endoscopy programs in Florida, our Digestive Disease Center unites a number of specialties, including gastroenterology, colorectal surgery, hepato-pancreato-biliary, bariatric surgery and nutrition. Our emphasis is on optimizing the patient experience through a collaborative approach.

Our departments include:

- Gastroenterology,
- Colorectal Surgery
- General Surgery/Surgical Oncology
- Bariatric and Metabolic Institute and Section of Minimally Invasive Surgery.

Through this unique, fully integrated model of care, our patients benefit from shorter waits for appointments and seamless interaction with specialists. In addition, our institute model enhances opportunities for cutting-edge research and physician education, providing patients access to the most advanced treatments.

Since 1989, surgeons at Cleveland Clinic Florida have performed more than 1,000 traditional J-Pouch procedures.

Since the early 1990s, Cleveland Clinic Florida has offered laparoscopic IPAA as an alternative for patients who meet certain criteria.

Ileal pouch anal-anastomosis (IPAA) has become a standard surgical procedure for treating:

- chronic mucosal ulcerative colitis
- familial adenomatous polyposis
- some cancers

Cleveland Clinic Florida’s overall laparoscopic experience remains one of the most extensive in the world.

For additional information or to schedule an appointment, please call 877.463.2010 or visit www.clevelandclinicflorida.org.