

# Preparing for Your Endoscopic Ultrasound

## Endoscopic Ultrasonography (EUS)

EUS allows your doctor to examine your esophageal and stomach linings as well as the walls of your upper and lower gastrointestinal tract. The upper tract consists of the esophagus, stomach and duodenum; the lower tract includes your colon and rectum. EUS is also used to study other organs that are near the gastrointestinal tract, including your liver, gallbladder, pancreas, biliary tree and lymph nodes in the chest.

EUS Preparation:

### ONE WEEK PRIOR

One week before your scheduled procedure date:

- Please make arrangements for transportation as you will not be able to drive, operate machinery, etc. We ask that this person remain with you for the duration of your procedure.
- Check with your prescribing primary physician or cardiologist regarding instructions for stopping any anticoagulants/antiplatelet medication you may be taking for your procedure. Those may include Coumadin, Warfarin, aspirin and Plavix. (Please note this is not an all-inclusive list).
- The facility will be calling you to confirm your appointment arrival time.

### ONE DAY PRIOR

1 day before your scheduled procedure:

Upper EUS: To ensure an adequate view of your gastrointestinal tract, no food should be taken after midnight the day before your procedure. You may only have water up to 4 hours before the scheduled time of your procedure.

Lower EUS- Only a clear liquid diet for dinner combined with laxatives or enemas prior to the examination.

A Clear Liquid Diet Includes:

- Water, apple or white grape juice, soda (No red, purple or blue)
- Clear bouillon / clear broth
- Yellow or green Jell-O (No red, purple or blue)
- Fruit flavored popsicles (No red, purple or blue)
- Hard candies (No red, purple or blue)
- Black coffee or tea (No creamers. No dairy. No non-dairy additives.)
- Clear or lemon-lime Gatorade type products (No red, purple or blue)
- No dairy products

### DAY OF YOUR PROCEDURE

You may have clear liquids up to 4 hours before your scheduled procedure time.

- Insert each of the enemas one at time 2 - 3 hours before your scheduled procedure time and about 20 minutes apart into your rectum. Follow the package instructions.
- You may brush your teeth.
- Continue to take your prescribed medications unless otherwise indicated by your gastroenterologist. Take your medication(s) with a small sip of water.
- Wear loose fitting comfortable clothing and if you wear contact lenses or glasses, please bring a contact lens case or eye glass case with you.
- Bring your insurance card and a form of photo identification.
- Please plan to be at the hospital or surgery center for about 2 -3 hours.

### AFTER YOUR PROCEDURE

- Your physician will discuss the results of your procedure with you and your driver.

### SCHEDULING & CANCELLATION POLICY

Notify the office as soon as possible to cancel your procedure. Do not call the facility where you are scheduled. We require a minimum of 3 business days before your procedure for any cancellations. Please call 630.717.2600.