

## **Upper Endoscopic Ultrasonography (EUS) Prep Instructions**

You have been scheduled for a procedure with Northern New Mexico Gastroenterology Associates. Please follow these instructions to prepare for your EUS procedure.

**Due to sedation, you MUST have a driver. Your driver is required to remain at the facility and to drive you home after your procedure. Public transportation and “drop off/pick up” is not allowed. Due to the sedation, you may not remember what your doctor tells you after the procedure; if this happens, please call our office at 505-983-5631 for an explanation of your results. If a biopsy is taken, it will take 5 to 7 working days for the doctor to get the biopsy report.**

**Please read all the instructions ahead of time so you can be adequately prepared for this procedure.**

**IF YOU MUST CANCEL THIS APPOINTMENT, PLEASE PROVIDE ADVANCED NOTICE OF AT LEAST THREE (3) WORKING DAYS. FAILURE TO DO SO MAY RESULT IN A \$100.00 CHARGE TO YOU.**

### **MORNING EXAM:**

#### **8 hours before your procedure:**

**\*No solid foods; you may have clear liquids from the following list:**

Chicken, beef, or vegetable broth, apple juice, soft drinks, Gatorade, coffee, tea, iced tea, iced coffee (no cream, milk, soy, rice, or additives may be used), water, jello, popsicles \*\*\*NONE OF THESE MAY BE RED, BLUE, OR PURPLE

#### **3 hours before your procedure:**

**\*Do not take anything by mouth until after your procedure**

### **AFTERNOON EXAM:**

#### **6 hours before your procedure:**

**\*Do not eat any solid foods; you may have clear liquids from the following list:**

Chicken, beef, or vegetable broth, apple juice, soft drinks, Gatorade, coffee, tea, iced tea, iced coffee (no cream, milk, soy, rice, or additives may be used), water, jello, popsicles \*\*\*NONE OF THESE MAY BE RED, BLUE, OR PURPLE

#### **3 hours before your procedure:**

**\*Do not take anything by mouth**

### **Medications:**

**In general, you should take any essential prescription medications on the day of your procedure. However, if you are a diabetic, you should not take insulin or other similar medications without discussing it with your doctor.**

## MEDICATIONS

- **Blood thinning medications** (such as Coumadin, Warfarin, Plavix, Lovenox, etc) may need to be discontinued prior to your procedure. **Please contact your prescribing physician for instructions in advance**; you may need to be off these drugs up to 10 days prior to your procedure. Ticlid & Plavix users you have the option of waiting until treatment is completed if you are scheduled for a screening colonoscopy. Otherwise, antiplatelet agents should be continued although they will increase risk of bleeding if biopsies are done
- **Unless prescribed by your physician**, please avoid the following medicines if possible: aspirin, aspirin products (e.g. Alka-Seltzer, BC powder, etc) or non-steroidal anti-inflammatory drugs (e.g. ibuprofen, Nuprin, Advil, Aleve, Motrin, etc) for 5 days prior to your appointment
- **Continue to take your other prescribed medications (e.g. blood pressure pills) as usual.** If you have any questions about your medications, call your prescribing physician. Take AM doses the day of your exam after you finish your prep
- **Diabetic patients**, if you take an oral hypoglycemic (“sugar pill”) **do not take it the day of your procedure.** If you are taking **insulin**, you should only take **half (1/2) of your usual scheduled insulin dose the night before.** **On the day of your procedure wait until you eat after the procedure to take your usual AM dose**