

You are scheduled for an upper endoscopic ultrasound (EUS) at UNC Hospital. Please read the following information carefully.

What is an upper EUS?

An upper EUS allows your doctor to examine the walls of your upper gastrointestinal tract, as well as the surrounding structures. Just before the procedure starts you will gargle with medicine to numb your throat. You will then be given medications to make you sleepy. A thin, flexible tube called an endoscope will be passed through your mouth to the area to be examined. Your doctor will then turn on the ultrasound attachment to produce sound waves that create visual images of the digestive tract. If indicated, a type of biopsy, called fine needle aspiration, can be performed.

How to prepare for an upper EUS?

One week before the EUS:

- You should stop taking non-steroidal anti-inflammatory (NSAID) medications, such as ibuprofen, Motrin, Aleve, Advil, and Naproxen.
- You may continue to take aspirin if your doctor recommended you ordinarily take it. If no doctor has ever recommended aspirin then you should not take any aspirin starting 7 days before the procedure.
- If you take Plavix (Clopidigrel), Coumadin (Warfarin), or other blood thinning/anticoagulation medicines then you should discuss what to do with your doctor. Our prep nurse (984-974-5050) will help coordinate this.

One day before the EUS:

- If you have diabetes we recommend you take only one-half the dose of long acting insulin (e.g., Lantus) the night before the endoscopy.
- Do NOT eat any solid food after 11:59PM the night before the EUS.

The day of the EUS:

- *What to eat:* you cannot eat any food, suck candy, or chew gum until after the EUS is over.
- *What to drink:* You may drink water, black coffee (without sugar, milk or cream), apple juice, soda pop, or club soda. Stop drinking these liquids at least 3 hours before the EUS.

- *Medications:* do NOT take any medication for diabetes, diuretics (such as lasix/furosemide) You may take your other medications with a small amount of liquid up to four hours before the upper EUS.
- *What to bring:* please bring a list of your medications.
- **Arrive at least 60 minutes before your scheduled appointment.** You must be accompanied by an adult who can drive you home after the test. **The exam will not be done unless a person at least 18 years old comes with you and stays in the GI Procedure waiting room during the exam.**
- You should expect to spend up to 6 hours in our procedures unit.

After the EUS:

After the EUS is completed we will observe you in a recovery area for approximately 30 minutes. Before you leave, the doctor will explain the results of the exam, and also give you a report and instructions.

The person who came with you must sign you out and drive you home. You cannot drive or go back to work for at least 12 hours.

**If you have any questions or need to reschedule your exam please call 919-966-5563.
If you have an urgent question after hours please page the GI fellow on call at 919-966-4131.**