

These instructions have an **altered diet** and are specifically for patients with gastroparesis, achalasia, or those who are on GLP-1 inhibitors (Trulicity, Ozempic, Mounjaro, Wegovy, Zepbound, etc.)

### ✓ What Is an upper EUS (Endoscopic Ultrasound)?

- An upper EUS allows your doctor to examine the walls of your upper gastrointestinal tract, as well as the surrounding structures. 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 needed, a type of biopsy called fine needle aspiration can be performed.
- You will receive IV **sedation**, so you will feel sleepy and relaxed during the procedure.

### Diet Instructions *\*If you do not follow this diet, your procedure will be rescheduled.*

| UNTIL 9am the day <i>before</i> your procedure |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
|------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Approved                                       | *Sodas, clear juices with no pulp, coffee/tea (may add creamer before 9am), yogurt or pudding (white or yellow flavors), broth, Jello or popsicles (no red/blue/purple)<br>*Farina, grits, oatmeal, or cream of wheat (may add honey, sugar, or syrup but <b>no</b> chunks of fruit), creamed soups (strained, NOT tomato), pureed applesauce<br>*Cooked eggs, milk/milk substitutes like almond milk, vanilla or white protein shakes/powders, <b>smooth</b> peanut butter/nut butters, very ripe bananas |
| AVOID                                          | Red/blue/purple liquids, juice with pulp, meat, bread, pasta, rice, cheese, fruits and vegetables (except ripe bananas)                                                                                                                                                                                                                                                                                                                                                                                    |

| AFTER 9am the day <i>before</i> your procedure, continue on procedure day until 2 hours prior |                                                                                                                                                                                                                                           |
|-----------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Approved                                                                                      | <b>CLEAR LIQUIDS ONLY:</b> sodas, <i>clear</i> juices with no pulp, sports drinks, popsicles, Jello, broth, black coffee/tea, Ensure <i>Clear</i> or Boost <i>Breeze</i> , water/flavored water, sugar or sugar substitutes in coffee/tea |
| AVOID                                                                                         | *Red/blue/purple liquids, dairy, creamers, honey, juices with pulp, anything with fat<br><b>*Do NOT eat solid food.</b>                                                                                                                   |

| Beginning 2 hours <i>before</i> your procedure time                                                                                                                    |  |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| <b>Nothing by mouth</b> — no food or drink. No gum, candy, or mints.<br>Take medications with <b>water</b> , if needed, <b>at least 2 hours</b> before your procedure. |  |

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### **Important: You Must Bring a Driver**

- You **must have a responsible adult (18+)** to drive you home.
- No driver = **procedure will be rescheduled.**
- Your drop off driver can be a different person than your pick up driver.
- Your pick up driver must remain within **20 minutes** of the facility and sign you out afterward.
- You cannot drive or go back to work for at least 12 hours after leaving the hospital.

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### **Medication Instructions**

- Most medications can be taken as usual.
- **Important:** Check page 3 of your packet to see if *any of your medications need to be adjusted.*

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### **Contact Information**

- **To Cancel:** Text (984) 974-5050
- **To Reschedule:** Call (984) 974-5050 → Option 1 → then Option 2
- **Questions?** Call the nurse line and leave a message: (984) 974-5052 (M–F, 8 AM–4 PM)
- **Urgent after-hours issue?** Call UNC operator at (984) 974-1000 and ask for the “On-Call GI Fellow”
- **Emergency?** Call 911

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### **Reminders**

- Review your full instruction packet (especially diet and meds).
- Bring your driver and arrive on time; plan to be at the clinic for **up to 4 hours** total.
- Once we finish the exam, we will watch you in the Recovery Area for 30 minutes. Before you leave, the doctor will explain the results of the exam and any instructions to you and the person who came with you.

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### **Your Location Will Be:**

**UNC Memorial Hospital** – 101 Manning Dr., Chapel Hill, NC  
(Dogwood Parking Deck or valet)

Enter the hospital lobby and take elevators down to the Basement level. Look for signs for GI Procedures and check in down there.

## MEDICATION GUIDE FOR EUS

| <b>Medication Type/Examples</b>                                                             | <b>Day Before EUS</b>                | <b>Day of EUS</b>                                     |
|---------------------------------------------------------------------------------------------|--------------------------------------|-------------------------------------------------------|
| <b>Aspirin (81mg or 325mg)</b>                                                              | ✔ Take as normal                     | ✔ Take as normal                                      |
| <b>Over-the-counter Pain Meds</b> (Ibuprofen, Tylenol, etc.)                                | ✔ Take as normal                     | ✔ Take as normal                                      |
| <b>Levothyroxine (Synthroid)</b>                                                            | ✔ Take as normal                     | ✔ Take as normal                                      |
| <b>Dietary Supplements</b> (fish oil, fiber, iron, Vitamin E, etc.)                         | ✗ Do NOT take                        | ✗ Do NOT take until after procedure                   |
| <b>Long-acting Diabetes Meds</b> (Lantus, Levemir, Tresiba, etc.)                           | ÷ Take <b>half dose</b>              | ✗ Do NOT take until after procedure                   |
| <b>Short-acting Diabetes Meds</b> (Humulin, Humalog, Metformin, Glipizide, Jardiance, etc.) | ✔ Take as normal                     | ✗ Do NOT take until after procedure                   |
| <b>Diuretics (“Water Pills”)</b> (Lasix, HCTZ, Spironolactone)                              | ✔ Take as normal                     | ✗ Do NOT take until after procedure                   |
| <b>Certain BP Meds</b> (ACE inhibitors, ARBs- end in ‘pril or ‘artan), Entresto             | ✔ Take as normal                     | ✗ Do NOT take until after procedure                   |
| <b>Other BP Meds</b> (Metoprolol, Amlodipine, Carvedilol, etc.)                             | ✔ Take as normal                     | ✔ Take as normal                                      |
| <b>Statins</b> (Atorvastatin, Simvastatin, etc.)                                            | ✔ Take as normal                     | ✔ Take as normal                                      |
| <b>Seizure Medications</b>                                                                  | ✔ Take as normal                     | ✔ Take as normal                                      |
| <b>Anti-anxiety / Depression / Antipsychotics</b>                                           | ✔ Take as normal                     | ✔ Take as normal                                      |
| <b>Blood Thinners</b> (Eliquis, Plavix, Xarelto, Coumadin, Brilinta, Effient, etc.)         | 📞 You should have received guidance. | <b>Call 984-974-5052 if you have no instructions.</b> |
| <b>GLP-1’s</b> (Trulicity, Ozempic, Mounjaro, Wegovy, Zepbound, etc.)                       | ✔ Take as normal                     | ✔ Take as normal                                      |

 **Tips:** If your medication does not appear on this list and is not included in one of these categories, it can be taken normally.

If you need to take any approved morning medications on the day of your procedure, do so with **water at least 3 hours before** your appointment.

## Special Information

In preparation for your procedure at UNC Health, please read through the following COVID-related information.

### **Positive Test:**

If you test positive of COVID within 3 weeks of your procedure date, please call our scheduling line at (984) 974-5050. You will likely need to reschedule to a later date.

### **Changes in health status:**

Please call our scheduling team if there have been any changes to your health status since scheduling your appointment. Your procedure may need to be rescheduled/postponed.

These include:

- heart or lung work up for new symptoms including chest pain, shortness of breath, cough, leg swelling.
- recent stroke, heart attack or heart stent placement
- new blood thinner medication start
- recent hospitalization
- persistent cough, fever, or sinus congestion within 7 days of your procedure