

 **What Is a Lower EUS (endoscopic ultrasound)?**

- A lower EUS allows your doctor to examine the walls of your rectum and colon (large intestine), as well as the surrounding structures. A thin, flexible tube called an endoscope will be passed through the anus 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 a fine needle aspiration can be performed.
- You will receive **IV sedation**, so you will feel sleepy and relaxed during the procedure.

---

 **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.

---

 **Diet Instructions**

**After midnight the night before your procedure:**

**Only drink:** water/flavored water, apple juice, sprite, ginger ale, or black coffee/tea  
**NO** dairy, broth, creamers, honey, gum, mints, or candy

**3 hours before your procedure time:**

- **Nothing by mouth** — no food or drink.
- Take medications with **water**, if needed, **at least 3 hours** before your procedure.

---

 **Prep for procedure- please purchase a 2 pack of Fleets Enemas, over the counter**

For the doctor to perform the best examination:

- **Two hours prior to leaving** for the appointment take the first enema, following the instructions that come with the enema. It is important to hold the enema fluid as long as possible before expelling.
- After you have one bowel movement, take the second enema.

---

## 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.*

---

## 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

---

## 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, you will be monitored in the recovery area for about 30 minutes. Before leaving, the doctor will explain the results of the exam and any additional instructions.

### 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

<u>Medication Type/Examples</u>	<u>Day Before EUS</u>	<u>Day Of EUS</u>
<b>Aspirin (81mg or 325mg)</b>	<input checked="" type="checkbox"/> Take as normal	<input checked="" type="checkbox"/> Take as normal
<b>Over-the-counter Pain Meds</b> (Ibuprofen, Tylenol, etc.)	<input checked="" type="checkbox"/> Take as normal	<input checked="" type="checkbox"/> Take as normal
<b>Levothyroxine (Synthroid)</b>	<input checked="" type="checkbox"/> Take as normal	<input checked="" type="checkbox"/> Take as normal
<b>Dietary Supplements</b> (fish oil, fiber, iron, Vitamin E, etc.)	<input checked="" type="checkbox"/> Do NOT take	<input checked="" type="checkbox"/> Do NOT take until after procedure
<b>Long-acting Diabetes Meds</b> (Lantus, Levemir, Tresiba, etc.)	<input checked="" type="checkbox"/> Take <b>half dose</b>	<input checked="" type="checkbox"/> Do NOT take until after procedure
<b>Short-acting Diabetes Meds</b> (Humulin, Humalog, Metformin, Glipizide, Jardiance, etc.)	<input checked="" type="checkbox"/> Take as normal	<input checked="" type="checkbox"/> Do NOT take until after procedure
<b>Diuretics (“Water Pills”)</b> (Lasix, HCTZ, Spironolactone)	<input checked="" type="checkbox"/> Take as normal	<input checked="" type="checkbox"/> Do NOT take until after procedure
<b>Certain BP Meds</b> (ACE inhibitors, ARBs- end in ‘pril or ‘-tan), Entresto	<input checked="" type="checkbox"/> Take as normal	<input checked="" type="checkbox"/> Do NOT take until after procedure
<b>Other BP Meds</b> (Metoprolol, Amlodipine, Carvedilol, etc.)	<input checked="" type="checkbox"/> Take as normal	<input checked="" type="checkbox"/> Take as normal
<b>Statins</b> (Atorvastatin, Simvastatin, etc.)	<input checked="" type="checkbox"/> Take as normal	<input checked="" type="checkbox"/> Take as normal
<b>Seizure Medications</b>	<input checked="" type="checkbox"/> Take as normal	<input checked="" type="checkbox"/> Take as normal
<b>Anti-anxiety / Depression / Antipsychotics</b>	<input checked="" type="checkbox"/> Take as normal	<input checked="" type="checkbox"/> Take as normal
<b>Blood Thinners</b> (Eliquis, Plavix, Xarelto, Coumadin, Brilinta, Effient, etc.)	<input checked="" type="checkbox"/> 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.)	<input checked="" type="checkbox"/> Take as normal	<input checked="" type="checkbox"/> 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.