

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

### **What is a lower EUS?**

A lower EUS allows your doctor to examine the walls of your rectum and colon (large intestine), as well as the surrounding structures. After you are given medications to make you sleepy, a thin, flexible tube called an endoscope will be passed through 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 indicated, a type of biopsy, called fine needle aspiration, can be performed.

### **How to prepare for a lower EUS?**

#### 7 DAYS BEFORE YOUR LOWER 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.

#### 1 DAY BEFORE YOUR LOWER EUS

- *What to eat:* You must not eat any solid foods the day before your lower EUS. You may only eat a clear liquid diet, including clear broth, Jell-O, and popsicles.
- *What to drink:* You must drink only clear liquids for breakfast, lunch, and dinner. Be sure to drink plenty of liquids throughout the day, in addition to what is instructed in your bowel prep. Liquids you CAN drink include water, black coffee, tea, apple juice, soda pop, club soda, and sports drinks such as Gatorade. Liquids you can NOT drink include milk, orange/pineapple juice, coffee with cream, and alcohol.
- *Taking your "bowel prep":* The instructions for taking it will come from the pharmacy along with the prep. For your procedure we recommend a "split prep", which means you will take one half of the prep the evening before the test, and the other half the day of the test. In the morning you should mix and refrigerate the prep. Start taking your prep in the evening at 6:00 PM. Drink 8 ounces every 15 minutes until you have completed one-half of the prep. After you are done we recommend drinking at least 8 ounces of clear liquid to help prevent dehydration.  
**Do NOT have any solid food until after the lower EUS procedure is completed.**

- *Medications:* If you have diabetes we recommend you take only one-half the dose of long acting insulin (e.g., Lantus) the night before the lower EUS. You may take your other medications with a small amount of liquid up to four hours before the lower EUS.

#### DAY OF LOWER EUS

- *What to eat:* you must not eat any foods, suck candy, or chew gum until AFTER the test 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 2 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.
- *Taking your "bowel prep":* You should have already completed one-half of the prep the night before the procedure. **You must take the second half of your prep (again, 8 ounces every 15 minutes) starting 4 hours before the time your procedure is scheduled, and finish it at least 2 hours before, even if that means having to get up very early.** For example, if your procedure is scheduled for 1:00 PM then take the second part of your prep at 9:00 AM and finish by 11:00 AM the morning of your procedure. If your procedure is scheduled for 9:00 AM then take the second part of your prep at 5:00 AM and finish by 7:00 AM the morning of your procedure. We know it is hard to get up this early, but it is very important to take the second part of your prep 4 hours before your procedure in order to get the best results.
- **After you complete the prep do not take any other liquid or food. Arrive 60 minutes before your scheduled appointment accompanied by an adult who can drive you home after the test. Your driver is required to stay on the premises until you are ready to go home after the procedure.** Please make sure you bring your hospital card and a list of your current medications. If you have an ostomy, please bring a new set of supplies in case it needs to be changed. You should expect to spend up to 6 hours in our procedures unit.

#### AFTER YOUR LOWER EUS:

After the lower 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 were taking blood thinners you will be instructed when they can be restarted.

**If you have any questions or need to reschedule your exam please call 984-974-5050.  
If you have an urgent question after hours please page the GI fellow on call at 984-974-1000.**