Endorectal and Endoanal Ultrasounds (ERUS)

What are Endorectal and Endoanal Ultrasounds?
**Endorectal ultrasound** is a medical test to find tumors in the rectum. If a cancerous tumor is found, the test will provide information on the size, location, and how deeply the tumor is growing into the rectal wall. Lymph nodes close to the tumor will also be checked to see if the cancer has spread. This information will help your doctor determine the most effective therapy.

**Endoanal ultrasound** is a medical test to check the muscles of the anus (sphincters). This test can identify abnormalities such as tears, fistulas, and masses in the area.

How are Endorectal and Endoanal Ultrasounds Performed?
This test uses soundwaves to detect abnormalities. You will receive sedation medication before the test starts. We will tell you how to position your body to allow for insertion of a lubricated ultrasound probe into the anus and rectum. Sometimes a small sample of tumor is taken out and analyzed under the microscope (biopsy). The test, including preparation time, will take 30 to 60 minutes. After the test, we will monitor you for a short time in the recovery area.

How Will I Prepare for Endorectal and Endoanal Ultrasounds

1. Purchase two Fleet enemas. They may be purchased at most drugstores or pharmacies. You do not need a prescription. Insert one Fleet enema in your rectum the evening before your procedure and one the morning of your procedure. Follow the instructions on the package.

2. Do not eat or drink for 6 hours before the procedure.

3. You must bring a driver, age 18 years or older, with you to your test. You will receive sedation for this test and will not be alert enough to safely drive yourself home.

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Will I need to stop or make changes to my medicines?

1. **Stop all medicines that cause you to bleed more readily, 5 to 7 days before the test.** Some examples of blood thinners are Plavix®, Pradaxa®, Clopidogrel®, Coumadin®, warfarin, Effient®, Prasugrel®, or Lovenox®. Before stopping any medicine, check with the doctor who prescribed it, to confirm that it is safe to do so. If the prescribing doctor says that you cannot safely stop the medicine, please call us at 734-615-7565.

2. **If you take low-dose aspirin, continue to take it.**

3. **If you have diabetes and take oral diabetes medicine (pills):** Do not take the medicine the morning of your test. Bring your diabetes medicine with you. Refer to the handout [Instructions for Patients with Diabetes Having Outpatient Procedures/Tests](#) for more information about taking diabetes pills before the test.

4. **If you have diabetes and take insulin:** On the morning of your test, take ½ of your usual morning dose of long-acting insulin. Long-acting insulins include NPH®, Humulin® N, Humulin® 70/30, Humalog® Mix 75/25, Lantus®, and Levemir®. Do not take short-acting insulin the morning of the test. Short-acting insulins include Regular, Humulin® R, Novolin®. Refer to the handout [Instructions for Patients with Diabetes Having Outpatient Procedures/Tests](#) for more information about taking insulin or insulin and diabetes pills before the test.

5. **If you take any other medicines** (non-diabetes medicines that do not interfere with bleeding) you can take them with sips of water on the day of the test.

If you have any questions about the tests and preparation please call our nurses at 734-615-7565.

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