

EUS (Endoscopic Ultrasound) of the Lower GI Tract: Preparation Instructions

Planning for your EUS (Endoscopic Ultrasound)

- You must have a licensed driver aged 18 or older with you at the procedure.**
 - A licensed driver must be with you at your EUS appointment. If you do not have a driver with you at check in, we will reschedule your appointment.
 - Your entire procedure may take 3 to 4 hours to complete. Please tell your driver that they must remain at the appointment during your entire visit.
 - **Please leave all jewelry and personal items at home.** If you bring jewelry to your appointment, we may have to ask you to remove it.
 - **Please do not wear contact lenses.**

- If you have diabetes you must call your doctor**
 - People with diabetes have special diet and medicine instructions. Call the doctor who ordered your procedure for your special diet and medicine instructions.

- View the video describing risks and benefits of EUS:**
Visit: <http://michmed.org/MoZ0g>

- If you need to reschedule**
 - Call (734) 936 - 9250 or toll-free (877) 758 - 2626.

What supplies do I need to prepare in advance?

Purchase two Fleet® enemas. You can get these at any pharmacy. You do not need a prescription. Be sure to purchase an enema product, not an oral or liquid laxative.

Below are your instructions for taking medicines and preparing your lower GI tract. **Follow the instructions carefully** to ensure a successful procedure.

7 days before your EUS

Day: _____

- **Do not** stop your aspirin.
- If you take a blood thinner and do not have instructions on how to manage them before the procedure, tell the doctor who ordered your EUS. If you are unsure that you are taking blood thinners, please contact your doctor.

The day of your EUS

**8 hours before your EUS
appointment**

Day/Time: _____

Stop eating all food, you may continue to have clear liquids until 2 hours before your appointment.

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| <p>You may drink these clear liquids:</p> <ul style="list-style-type: none">• Gatorade, Crystal Light Lemonade®, Pedialyte® or Powerade®• Coffee or tea (black only)• Carbonated or non-carbonated soda• Fruit-flavored drinks• Apple juice, white cranberry juice or white grape juice• Jell-O (gelatin) or popsicles | <p>Do not drink these liquids:</p> <ul style="list-style-type: none">• Chicken, beef or vegetable broth• Alcohol• Milk or non-dairy creamer• Juice with pulp• Any liquid you cannot see through• Hard candy <p>Note: Nothing Red or Purple</p> |
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- Take your morning medications with a small amount of water 4 hours before your appointment time (unless you have been told otherwise). If you take Diabetes medications follow your doctor's instructions.
- Use your enemas after starting your liquid diet, unless otherwise directed.

Instructions for using the Fleet® enemas:

- You will use two Fleet® enemas.
- Start the enemas **1 hour before leaving home** for your procedure. If your travel time is over 2 hours, please call us for a schedule.
- Lying on your left side, remove the cap from the enema, gently insert one enema approximately 2 ½ to 3 inches into the rectum, squeeze the enema container and retain the water as long as possible (at least 15 minutes) then expel.
- Repeat the above steps for the second enema as soon as the first enema is expelled.

2 hours before your EUS Day/Time:

- Stop everything by mouth, including all liquids, smoking and chewing gum.

When should I call the call center?

If you have been ill and have had any of the following symptoms within 48 hours of your appointment, please call the call center at (734) 936-9250:

- Fever greater than 100.6
- Productive cough (where your cough is producing phlegm)
- Diarrhea

Vomiting (not related to taking the bowel prep)

If you have questions about your prep and your EUS is scheduled for the following day call (734) 936-9250 or toll-free (877) 758-2626. After business hours, on weekends or holidays call the paging operator at (734) 936-6267 and ask to speak with the GI doctor on call.

→ Turn the page to learn about the benefits, risks and alternatives for an EUS

Medical Procedures Unit
EUS (Endoscopic Ultrasound) of the Lower GI Tract: Preparation Instructions

What are the Benefits, Risks and Alternatives for an EUS?

Before starting the procedure, a member of our team will ask you to sign an informed consent indicating that you understand the procedure, its benefits and risks, and the alternatives for a EUS. Read this handout or view the video at: <http://michmed.org/MoZ0g> to understand your informed consent.

What is the purpose of an EUS?

Endoscopic ultrasonography (EUS) allows your doctor to examine the wall of the gut and the inside of some organs near your digestive tract. The doctor inserts a thin tube called an endoscope through your mouth into the stomach and first part of the intestine. In some cases the endoscope is inserted through the rectum. The end of this tube has a small ultrasound probe that allows your doctor to see through the gut wall and detect any abnormal tissues. If needed, your doctor can also obtain a sample of the tissue with a needle biopsy.

What are the benefits of a EUS?

With an EUS we can diagnose various conditions affecting the esophagus, stomach, liver, gall bladder, bile duct, lymph nodes, rectum, and pancreas. The doctor can take samples of tissues located deeper than what we can access with the standard upper endoscopy (EGD).

What are the risks of an EUS?

Like in any medical procedure, EUS has potential for risks and complications but they are quite rare, occurring in about 1 in 2,000 patients. They include:

- A reaction to the sedating medication, including breathing or heart problems.
- Perforation: A tear or a hole in bowel

When a needle biopsy is also done there are additional risks:

- Bleeding - occurs in 1- 2 out of 100 people (1-2 %)
- Infection occurs in 1 out of 100 people (1 %).

Risks are higher in in people taking steroids or anti-coagulation medicines, or in people that have certain serious diseases.

What are the alternatives?

The only alternatives to EUS are other imaging procedures such as CT or MRI scans taken from outside the body. If a biopsy is needed its done by puncturing the skin.

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