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Lower EUS Location: Good Shepherd  
West Pavillon

Physician: Dr. Spangler

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ Arrival Time: \_\_\_\_:\_\_\_\_ Procedure Time: \_\_\_\_:\_\_\_\_

**LOWER ENDOSCOPIC ULTRASOUND (EUS) PREP:**

A lower endoscopic ultrasound (EUS) is a procedure that allows the doctor to examine the lower digestive tract using sound waves to create visual pictures of the organs involved in the digestive process. The doctor is looking for any abnormalities previously identified on a colonoscopy or x-ray tests like CT scans and may take biopsies. The test itself can take anywhere from 20 minutes to 1 hour. However, you must plan to be at the facility for about 3 hours to allow for intake and recovery time.

Our office will do the precertification for your procedure. It is your responsibility to verify your benefits with your insurance company. Please inform our office if you have any changes to your insurance coverage or insurance carrier prior to your procedure.

**IT IS ESSENTIAL THAT...**

1. You bring your ID, insurance card and a list of medications (including dosages) to your appointment.
2. If you take **blood thinners** such as: Coumadin, Warfarin, Plavix, Xarelto, Pradaxa, Effient, Aggrenox, Eliquis, Brilinta or any other blood thinner, you will need to stop them prior to your procedure. Please call your Cardiologist or prescribing doctor for instructions on stopping these medications. (See full list on page 2)
3. If you are **diabetic and on insulin**: Test your blood sugar before you come for your EUS. **Take only half of your usual dose of insulin on the day of your procedure.**  
If you are **diabetic and on oral medication (pills)**: Take only half the usual dose the day BEFORE the procedure. **Do not take** your diabetic medication on the day of your EUS. You may take your medication when the procedure is over and you are able to eat.
4. If you are taking any diet pills such as: Fenfluramine, Dexfenfluramine or Phenteramine, stop taking those **2 weeks prior** to your EUS.
5. Stop all herbal medications, supplements and vitamins **7 days prior** to your procedure.
6. If you take morning medications (with the exception noted above) please only take medications for your heart, blood pressure, asthma, seizure disorder or thyroid with a small sip of water 4 hours prior to your scheduled procedure time.
7. You will not be allowed to drive yourself home after the procedure due to the sedation. Therefore, you will need an adult to drive you home. You may **NOT** use public transportation. **If you do not have a ride, your procedure will be cancelled.**

**OVER →**

## **MEDICATIONS TO AVOID 5 DAYS BEFORE YOUR PROCEDURE:**

Excedrin, Ibuprofen, Advil, Motrin, Aleve, Naprosyn, Naproxen, Celebrex, Celecoxib, Mobic, Meloxicam, Relafen, Nabumetone. Avoid **ALL** herbal medications, supplements or vitamins.

Blood thinning medications including, Coumadin, Warfarin, Plavix, Xarelto, Pradaxa, Effient, Aggrenox, Eliquis or Brilinta must be stopped prior to your procedure as directed by the prescribing physician.

**\*\*\*You may continue to take a low dose (81mg) Aspirin.**

## **PURCHASE THIS NONPRESCRIPTION ITEM 4 DAYS BEFORE YOUR LOWER EUS:**

- ✓ Two (2) fleet enemas from your pharmacy

## **1 DAY BEFORE YOUR LOWER EUS:**

- ✓ You may eat your usual diet.
- ✓ No alcohol, beer, or wine today or tomorrow.
- ✓ **After midnight NOTHING should be taken by mouth. No food, fluid, gum, or candy is allowed until after your lower EUS.**

## **DAY OF YOU LOWER EUS:**

- ✓ **3 hours before your procedure \_\_\_\_\_: \_\_\_\_\_**, administer the first Fleet Enema. After having a bowel movement, administer the 2<sup>nd</sup> Fleet Enema.
- ✓ **You may NOT have any liquids OR solids by mouth. NO FOOD, FLUID, GUM OR CANDY IS ALLOWED.**

**\*\*\*You may take any medications prescribed for your heart, blood pressure, asthma, seizure disorder or thyroid with a small sip of water 4 hours prior to your scheduled procedure time.**