

Upper Endoscopic Ultrasonography (EUS) Prep Instructions

You have been scheduled for a procedure with Northern New Mexico Gastroenterology Associates. Please follow these instructions to prepare for your EUS procedure.

Due to sedation, you MUST have a driver. Your driver is required to remain at the facility and to drive you home after your procedure. Public transportation and “drop off/pick up” is not allowed. Due to the sedation, you may not remember what your doctor tells you after the procedure; if this happens, please call our office at 505-983-5631 for an explanation of your results. If a biopsy is taken, it will take 5 to 7 working days for the doctor to get the biopsy report.

Please read all the instructions ahead of time so you can be adequately prepared for this procedure.

IF YOU MUST CANCEL THIS APPOINTMENT, PLEASE PROVIDE ADVANCED NOTICE OF AT LEAST THREE (3) WORKING DAYS. FAILURE TO DO SO MAY RESULT IN A \$100.00 CHARGE TO YOU.

MORNING EXAM:

8 hours before your procedure:

***No solid foods; you may have clear liquids from the following list:**

Chicken, beef, or vegetable broth, apple juice, soft drinks, Gatorade, coffee, tea, iced tea, iced coffee (no cream, milk, soy, rice, or additives may be used), water, jello, popsicles ***NONE OF THESE MAY BE RED, BLUE, OR PURPLE

3 hours before your procedure:

***Do not take anything by mouth until after your procedure**

AFTERNOON EXAM:

6 hours before your procedure:

***Do not eat any solid foods; you may have clear liquids from the following list:**

Chicken, beef, or vegetable broth, apple juice, soft drinks, Gatorade, coffee, tea, iced tea, iced coffee (no cream, milk, soy, rice, or additives may be used), water, jello, popsicles ***NONE OF THESE MAY BE RED, BLUE, OR PURPLE

3 hours before your procedure:

***Do not take anything by mouth**

Medications:

In general, you should take any essential prescription medications on the day of your procedure. However, if you are a diabetic, you should not take insulin or other similar medications without discussing it with your doctor.

MEDICATIONS

- **Blood thinning medications** (such as Coumadin, Warfarin, Plavix, Lovenox, etc) may need to be discontinued prior to your procedure. **Please contact your prescribing physician for instructions in advance**; you may need to be off these drugs up to 10 days prior to your procedure. Ticlid & Plavix users you have the option of waiting until treatment is completed if you are scheduled for a screening colonoscopy. Otherwise, antiplatelet agents should be continued although they will increase risk of bleeding if biopsies are done
- **Unless prescribed by your physician**, please avoid the following medicines if possible: aspirin, aspirin products (e.g. Alka-Seltzer, BC powder, etc) or non-steroidal anti-inflammatory drugs (e.g. ibuprofen, Nuprin, Advil, Aleve, Motrin, etc) for 5 days prior to your appointment
- **Continue to take your other prescribed medications (e.g. blood pressure pills) as usual.** If you have any questions about your medications, call your prescribing physician. Take AM doses the day of your exam after you finish your prep
- **Diabetic patients**, if you take an oral hypoglycemic (“sugar pill”) **do not take it the day of your procedure.** If you are taking **insulin**, you should only take **half (1/2) of your usual scheduled insulin dose the night before.** **On the day of your procedure wait until you eat after the procedure to take your usual AM dose**