

ENDOSCOPIC ULTRASOUND (EUS)

YOUR PROCEDURE WILL TAKE PLACE AT:

ATLANTIC SURGERY CENTER, 1145 MONTAUK HIGHWAY, WEST ISLIP, NY 11795

THE PROCEDURE IS SCHEDULED ON:

Date: _____ Time: _____

** You MUST arrive 30 minutes prior to your scheduled time.

** Please read each page of the following instructions completely and carefully.

** Call (631) 669-1171 immediately if you are unable to keep this appointment.

WHEN YOU RECEIVE YOUR INSTRUCTIONS:

- 1. Arrange for a responsible adult to accompany you. He/she must accompany you to and from the procedure. **YOUR DRIVER MUST PRESENT HIM/HERSELF TO THE RECEPTIONIST AT THE TIME YOU CHECK IN!** Your exam will be canceled if you do not have a driver. No public transportation will be permitted, unless prior arrangements are made and a responsible adult accompanies you.
- 2. If you take **blood thinners (like Coumadin, Plavix, and Eliquis)**, you must check with the prescribing physician as to whether or not you can stop these medications and for how long. You may continue taking aspirin.
- 3. **STOP taking iron supplements 7 days prior to your procedure.**
- 4. If you are currently taking any of the **new diabetic/weight loss medications-See list attached**, they will need to be held prior to your procedure. Most common examples include: **Semaglutide (Ozempic, Wegovy, Rybelsus), Dulaglutide (Trulicity) Liraglutide (Victoza, Saxenda), Tirzepatide (Zep Bound, Mounjaro, Jardiance, Rybelsus, Farxiga)**
- 5. Unless otherwise directed by your physician, take all of your medications on the day of your exam with small sips of water at least 2 hours before your procedure.
- 6. If you are a woman of childbearing age or menopausal less than 12 months, you will be required to give a urine sample for pregnancy testing when you arrive.
- 7. **DO NOT DRINK 3 hours BEFORE YOUR PROCEDURE OR IT WILL BE CANCELED.** This includes sips of water, candy, and gum- except for a small sip of water with medication.

INSTRUCTIONS:

Failure to follow these instructions may result in a repeat exam or cancellation of your exam.

For Upper EUS:

1. **DO NOT EAT (OR HAVE MILK PRODUCTS) 12 HOURS BEFORE YOUR PROCEDURE**
2. **DO NOT DRINK 3 HOURS BEFORE YOUR PROCEDURE**

For Rectal EUS:

1. Follow Colonoscopy/ Sigmoidoscopy instructions provided
2. Follow Colonoscopy/ Sigmoidoscopy diet instructions provided
3. **DO NOT DRINK 3 HOURS BEFORE YOUR PROCEDURE**

RISKS ASSOCIATED WITH ENDOSCOPIC ULTRASOUND (EUS)

Serious problems with this exam are uncommon; you may discuss all possible problems with your physician. Possible complications include:

1. Perforation (tear through the wall of the esophagus, which may require emergency surgery)
2. Bleeding
3. Infection
4. Allergic reaction to the drugs (slight burning or pain may be experienced during IV sedation which resolves quickly)

AFTER YOUR EXAM:

<p style="text-align: center;">DISCOMFORT</p> <p>It is normal to feel bloated. This will last until the air is expelled. You may also have a mild sore throat. Throat lozenges, gargling with warm water and/or a non-aspirin pain reliever may help.</p>	<p style="text-align: center;">ACTIVITY</p> <p>Rest for the remainder of the day.</p>	<p style="text-align: center;">WHEN TO SEEK MEDICAL HELP:</p> <p>If you experience any of the following symptoms below, call our office at (631) 669-1171 or go to the nearest emergency room.</p> <ol style="list-style-type: none"> 1. Vomiting blood 2. Pass dark stools 3. Neck or chest pain 4. Constant abdominal pain that is not relieved by expelling air 5. Body temperature of 100.4 °F or greater
<p style="text-align: center;">MEDICATIONS</p> <p>You may resume taking your medications unless instructed otherwise.</p>	<p style="text-align: center;">DIET</p> <p>You may resume your usual diet unless instructed otherwise. A light or liquid diet may be better tolerated if you feel very bloated and have gas cramps.</p>	

CLEAR LIQUID DIET 12 HOURS BEFORE PROCEDURE: Date: _____

FOOD GROUP	EXAMPLES OF FOODS ALLOWED
BEVERAGES	Water (plain, carbonated or flavored- No red, purple, or blue) Carbonated drinks, avoiding dark sodas (no cola, root beer etc.. Nothing red, purple, or blue) Tea or Coffee without milk or cream Sports drinks (no red, purple, or blue)
FRUITS	Clear, pulp free fruit juices (Ex: apple or white grape juice.. No red, purple, or blue) Clear, fruit- flavored beverages (Ex: Lemonade)
DESSERTS	Gelatin (no red, purple, or blue) Ice pops without milk, italian ices (no red, purple, or blue)
MISCELLANEOUS	Clear, fat- free broth (bouillon or consommé). Honey/sugar artificial sweeteners Hard candy, such as lemon drops or spearmint rounds

SPECIAL INSTRUCTIONS FOR DIABETIC PATIENTS:

For people with diabetes, any procedure that causes you to miss a meal or change your usual meal plan will require special planning to safely manage blood glucose. These are general guidelines. Please call your healthcare provider, who manages your diabetes, with questions. If you are taking Ultralente/Lente insulin or if you use an insulin pump, please consult the prescribing physician regarding dosing.

If you check your blood sugar daily, check it more often the day before and day of your exam. Check your blood glucose level before all meals and at bedtime on the preparation day and on the day of your procedure. Check your blood sugar if, at any time, you have symptoms of low or very high blood glucose. If you have a low blood sugar reading during the prep, you may drink clear fruit juice, regular soda, or take glucose tablets.

THE DAY OF YOUR PROCEDURE:

IF YOU TAKE INSULIN	IF YOU TAKE PILLS
<ul style="list-style-type: none">• DO NOT TAKE any insulin on the morning of your procedure.• Take half of your NPH/ Lente insulin after the procedure once you begin eating.• DO NOT TAKE any regular insulin.• DO NOT make up or “double-up” on any missed medications after the procedure.• Take the usual dose of insulin in the evening as long as you are eating.	<ul style="list-style-type: none">• DO NOT TAKE any oral diabetic medication on the morning of your procedure.• Take half of your usual oral dose of diabetic medication after the procedure once you begin eating.• DO NOT make up or “double-up” on any missed medications after the procedure.• Take the usual dose of oral medication in the evening as long as you are eating.

PLEASE BRING THE FOLLOWING TO THE ENDOSCOPY CENTER ON THE DAY OF YOUR PROCEDURE:

1. Insulin
2. Insulin Syringes

Hold 2 to 4 days prior to procedure as stated below:

Rybelsus (Semaglutide) **2 Days**
Invokana (Canagliflozin) **3 Days**
Farxiga (Dapagliflozin) **3 Days**
Kerendia (Finerenone) **3 Days**
Jardiance (Empagliflozin) **3 Days**
Steglatro (Ertugliflozin) **4 Days**
Adipex (Phentermine) **7 Days**

Above combined with another medication:

Glyxambi	(Empagliflozin/linagliptin) 3 Days
Invokamet, Invokamet XR	(Canagliflozin/metformin) 3 Days
Qtern	(Dapagliflozin/saxagliptin) 3 Days
Segluromet	(Ertugliflozin/metformin) 4 Days
Steglujan	(Ertugliflozin/sitagliptin) 4 Days
Synjardy	(Empagliflozin/metformin) 3 Days
Trijardy XR	(Empagliflozin/linagliptin/metformin) 3 Days
Xigduo XR	(Dapagliflozin/metformin) 3 Days

Non-Insulin injectables (hold for 8 days before procedure)

Ozempic, Wegovy (Semaglutide)
Trulicity (Dulaglutide)
Byetta (Exenatide)
Victoza (Liraglutide)
Symlin (Pramlintide)
Mounjaro, Zepbound (Tirzepatide)