

PREPARING FOR YOUR ENDOSCOPIC ULTRASOUND (EUS) UPPER

Cancel or Reschedule Your Appointment:

If you develop COVID-19, are exposed to COVID-19 or have COVID-19 like symptoms at any point after you schedule this appointment, please call our office to determine if it is okay to proceed with your visit. COVID-19 guidelines for health care facilities may differ from community guidelines. In addition, if you are having flu-like symptoms (such as fever, cough, shortness of breath) within 14 days of your appointment, please call to reschedule. If you have any newly diagnosed medical condition (like diverticulitis, heart problems, breathing problems), please call our office. If you need to cancel or reschedule for any other reason, call 612-871-1145 at least 72 hours prior to your appointment.

Transportation:

You must arrange for a responsible person to escort you to your procedure. A taxi ride is not an option unless you are accompanied by a responsible person. If you fail to arrange transportation with a responsible person, your procedure will be canceled and rescheduled. Depending on COVID-19 transmission, your driver may or may not be able to join before and after the procedure.

1 day before your procedure:

- Stop eating solid foods and begin clear liquid diet at **11:45pm**. Clear liquids include things you can see through.
 - Examples of a clear liquid diet include: water, clear broth or bouillon (gluten free options available), Gatorade, Pedialyte or Powerade, carbonated and non-carbonated soft drinks (Sprite, 7-Up, Gingerale), strained fruit juices without pulp (apple, white grape, white cranberry), Jell-O, popsicles, and up to one cup of black coffee or tea (no milk or cream) each day.
 - The following are not allowed on a clear liquid diet: red liquids, alcoholic beverages, dairy products, protein shakes, cream broths, juice with pulp, products containing oil and chewing tobacco.
 - For additional details on following a clear liquid diet, please see <https://www.mngi.com/conditions/clear-liquid-diet>

Day of your procedure:

Morning Medications: You may take all of your morning medications including blood pressure medications, blood thinners (if you have not been instructed to stop these by our office), methadone, and anti-seizure medications with sips of water **3 hours prior to your procedure** or earlier. Do not take any chewable vitamins or supplements. If you have diabetes,

contact your monitoring provider for further direction on insulin and/or blood sugar management.

Continue the Clear Liquid Diet.

As a reminder, continue to avoid red liquids, alcoholic beverages, dairy products, protein shakes, cream broths, juice with pulp, products containing oil, chewing tobacco and illicit drugs. Use of these will result in your procedure being cancelled.

- **6 hours prior to your procedure:**
 - STOP consuming all solids and liquids.
 - Do not take anything by mouth during this time.

Bring the following to your procedure:

- Insurance Card / Photo ID
- List of Current Medications including over-the-counter medications and supplements
- Bring your rescue inhaler if you currently use one to control asthma
- Bring contact lens supplies as you will be asked to remove contact lenses prior to the start of your procedure

DESCRIPTION OF ENDOSCOPIC ULTRASOUND

What is endoscopic ultrasound (EUS)?

Endoscopic ultrasound (EUS) provides detailed pictures of your digestive tract anatomy which may include the upper or lower gastrointestinal (GI) tract. The upper tract is the esophagus, stomach and duodenum; the lower tract is the colon and rectum.

EUS is also used to study internal organs that lie next to the gastrointestinal tract, such as the gall bladder and pancreas. EUS may be used to diagnose the cause of conditions such as abdominal pain or abnormal weight loss. EUS is also used to evaluate an abnormality, such as a growth, that was detected at a prior procedure or by x-ray. In addition, EUS can be used to diagnose diseases of the pancreas, bile duct and gallbladder when other tests are inconclusive.

Your physician will use a thin, flexible tube called an endoscope that he or she will pass through your mouth or anus to the area to be examined. Your physician then will turn on the ultrasound component to produce sound waves that create visual images of the digestive tract.

What can I expect during EUS?

For EUS of the upper GI tract, you will be given medication at the beginning of the procedure to help you relax and minimize discomfort or gagging. This medication will make you drowsy. The actual procedure generally takes between 30 -60 minutes. Most patients consider it only slightly uncomfortable and may fall asleep during it. If abnormal tissue is found, the physician may remove it through the endoscope for closer examination or biopsy.

What are the possible complications of EUS?

Although serious complications from EUS are rare, any medical procedure has the potential for risks. Risks from EUS include perforation, or a tear, of the lining of the stomach or esophagus, bleeding from a biopsy site, reactions to medications, heart and lung problems, and dental or eye injuries. The risk of complications slightly increases if a deep needle aspiration is performed during the EUS procedure. There is also a small risk of infection if fluid is removed from any cysts, and antibiotics may be given to prevent this.