

Procedure: EUS (Endoscopic Ultrasound)

Atrium Cabarrus Hospital
200 Medical Park Drive
Concord, NC 28025

Date - _____ Arrival Time - _____ Physician - _____

Do not eat or drink after midnight the night before your procedure.

Any consumption will result in a delay or cancellation of your procedure.

You must have a driver bring you to the procedure, remain on the premises throughout the procedure and drive you home. Failure to do so will result in delay or cancellation of your procedure.

Information and Instructions for an EUS:

EUS is used to evaluate known abnormalities, including lumps or lesions, which were detected at a prior endoscopy or were seen on x-ray tests. EUS provides a detailed image of the lump or lesion, which can help your doctor determine its origin and help treatment decisions. EUS is also used to diagnose diseases of the pancreas, bile duct and gallbladder when other tests are inconclusive or conflicting. Upon arrival, you will be taken to a pre-procedure holding area. You will be asked to sign a consent form and answer some questions about your health history and current condition. An intravenous catheter will be placed in your arm.

You will be taken to a procedure room for the examination. You will be asked to lie on your left side for the procedure. Sedation will be given via the intravenous catheter. You may be given topical anesthetic spray to the back of your throat. The procedure itself can last up to one hour. Your recovery time is about 30 minutes. The physician will talk to you and your driver after the procedure. Due to the sedative you have been given you may not remember this later, so written instructions will also be given to you regarding the results, your diet and activity for the remainder of the day.

Do not plan to drive, work, operate machinery, or make important decisions the rest of the day.

Day of Your Procedure:

Do not eat or drink after midnight the night before your procedure. Any consumption will result in a delay or cancellation of your procedure.

Do not use denture adhesive before your procedure as you may be asked to remove your dentures before the exam.

Post Procedure:

The physician will talk to you and your family member(s) after the procedure. Because you have been given sedation, you will be discharged to your vehicle with assistance. Written instructions will be given to you regarding diet and level of activity for the remainder of the day. Occasionally, an overnight hospital stay may be required so please plan accordingly.

If you have any questions or concerns, please feel free to call our office at (704) 783-1840.

Procedure Preparation Instructions

Medication Guidelines

The morning of your procedure you may take medications for: **High blood pressure, Heart conditions, Asthma/Lung conditions, Seizures, Thyroid conditions.** *Please take these with a small sip of water.

Diabetics: If you use oral medications, you may take them as directed the day before. If you are Insulin dependent, please take ½ the dose of any PM insulins. **No diabetic medications the day of your procedure.** If you use any other injectables besides insulin, please hold them for one (1) dose. Use of any of these injectables for **weight loss** should also be held for one week. Please see the chart below.

- Semaglutide (Ozempic, Rybelsus, Wegovy) - Exenatide (Byetta, Bydureon) - Liraglutide (Victoza, Saxenda) - Tirzepatide (Mounjaro, Zepbound) - Dulaglutide (Trulicity)	7 Days
Prasugrel (Effient)	7 Days
- Coumadin (warfarin) - Plavix (clopidogrel) - Brilinta (ticagrelor) - Jantoven (warfarin) - Aggrenox (ASA/dipyridamole) - Iron (Multivitamins are ok to take)	5 Days
- Any illicit drugs - Erectile Dysfunction Medications	3 Days
- Empagliflozin (Jardiance) - Canagliflozin (Invokana) - Dapagliflozin (Farxiga) - Ertugliflozin (Steglatro) - Bexagliflozin (Brenzavvy) - Sotagliflozin (Inpefa)	3 Days
- Pradaxa (Dabigatran) - Xarelto (Rivaroxaban) - Eliquis (Apixaban)	2 Days

If you take Glucagon-like **(GLP-1)** receptor agonists for Type 2 Diabetes or weight reduction these medications must be held due to adverse GI effects such as nausea, vomiting, and delayed gastric emptying which may increase the risk of regurgitation and pulmonary aspiration.

All non-clear fluids need to be finished 8 hours prior to arrival, and 2 hours for clears

Patients on daily or weekly dosing must hold this medication for a minimum of 7 days before procedure

If your prescribing doctor says that it is not okay to stop any of these medications, please contact our office. **Do not stop aspirin for the procedure.**

Dietary Guidelines

Avoid **RED, PURPLE, and BLUE** colors – **NO MILK, CREAMS, or CRACKERS** while on a clear liquid diet

- Water (the original clear liquid) - Crystal Light or Kool Aid - Chicken or Beef Broth NO NOODLES or RICE - Apple, White Cranberry, or White Grape Juice – NO ORANGE JUICE - Tea and coffee WITHOUT CREAMER	- Clear or Yellow Soft Drinks (Sprite, Sundrop, Ginger Ale, Mountain Dew, or Sierra Mist) - Popsicles and Italian Ice (NO YOGURT OR ICE CREAM) - Jello (peach, lemon, lime, white grape flavors are suggested) - Gatorade/Powerade (replaces electrolytes)
---	--