

Patient Instructions for Lower EUS (Lower Endoscopic Ultrasound)

YOUR EXAM IS SCHEDULED FOR:

Monday Tuesday Wednesday Thursday Friday

Date: _____

Time: _____

LOCATION:

- SUNY Downstate Central Brooklyn**
University Hospital of Brooklyn
445 Lenox Road
Brooklyn, NY 11203
(718) 270-4788
Admitting Office (then proceed to Suite H, 1st Floor—Endoscopy Suite)

- SUNY Downstate Long Island College Hospital**
339 Hicks Street (corner of Atlantic Ave.)
Brooklyn, NY 11201
(718) 780-1991
Admitting Office (then proceed to 6th Floor—Endoscopy Suite)
Subway: 2,3,4,5,J,M,R to Borough Hall or Jay Street
Buses: B61 or B63

- SUNY Downstate Bay Ridge**
9036 7th Avenue (at 92nd Street)
Brooklyn, NY 11228
(718) 567-1464
Urgent Care Center (then proceed to 6th Floor—Endoscopy Suite)
Subway: R to 95th Street
Buses: B70 to 92nd Street and 7th Ave., or
B12 to B16 to 95th Street, then walk ½ mile

If you have any questions or need to change or cancel your appointment, please call (718) 270-4772 or (718) 270-2283.

NOTE: Please arrive 1 hour before your scheduled exam.

Patient Preparation for Lower EUS

(Lower Endoscopic Ultrasound)

1 Week Before the Exam:

- Do not take aspirin, or aspirin-containing medications, such as Alka Seltzer. Do not take NSAIDs (non-steroidal anti-inflammatory drugs) such as ibuprofen, Aleve, Motrin, Nuprin, Celebrex, etc., unless otherwise instructed by your doctor.
- Stop taking medications containing iron (ferrous), including multivitamins with iron.
- If you take insulin, diabetes medications, clopidogrel (Plavix) or warfarin (Coumadin), please follow your doctor's specific instructions regarding these medications.

2 Days Before the Exam:

- Do not eat fatty, fried or greasy foods.
- Do not eat fruits, leafy vegetables, corn, beans or anything with seeds.

1 Day Before the Exam:

- No solid food all day—only a clear liquid diet.
- Follow attached **MoviPrep** Instructions.

Day of the Exam:

- Do not eat or drink anything after midnight the night before the exam.
- You may take heart or blood pressure medication the morning of the exam with a small sip of water.
- Diabetics: Do not take your morning dose of insulin. Speak with your doctor who prescribes your medication.
- Bring a list of your medications with you to the test.
- Please make sure you have an adult over the age of 18 available to take you home after the test. You will not be permitted to go home alone.

What is EUS?

Endoscopic ultrasonography (EUS) allows your doctor to examine your esophageal and stomach linings as well as the walls of your upper and lower gastrointestinal tract. The upper tract consists of the esophagus, stomach and duodenum; the lower tract includes your colon and rectum. EUS is also used to study other organs that are near the gastrointestinal tract, including the lungs, liver, gall bladder and pancreas.

Your doctor will use a thin, flexible tube called an endoscope that has a built-in miniature ultrasound probe. Your doctor will pass the endoscope through your mouth or anus to the area to be examined. Your doctor will then use the ultrasound (sound waves) to create visual images of the digestive tract.

Why is EUS Done?

EUS provides your doctor with more information than other imaging tests by providing detailed images of your digestive tract. Your doctor can use EUS to diagnose certain conditions that may cause abdominal pain or abnormal weight loss.

EUS is also used to evaluate known abnormalities, including lumps or lesions, which were detected by a prior endoscopy or x-ray tests, such as a computed tomography (CT) scan. EUS provides a detailed image of the lump or lesion, which can help your doctor determine its origin and aid in treatment decisions. EUS can be used to diagnose diseases of the pancreas, bile duct and gallbladder when other tests are inconclusive or conflicting.

Why is EUS Used for Patients with Cancer?

EUS helps your doctor determine the extent of spread of certain cancers of the digestive and respiratory systems. EUS allows your doctor to accurately assess the cancer's depth and whether it has spread to adjacent lymph glands or nearby vital structures, such as major blood vessels. In some patients, EUS can be used to obtain a needle biopsy of a lump or lesion to help your doctor determine the proper treatment.

How Should I Prepare for EUS?

For EUS of the upper gastrointestinal tract, you should have nothing to eat or drink after midnight the night before the examination. Your doctor will tell you if it is advisable to take your regular prescription medications.

What About My Current Medications or Allergies?

You can take most medications as usual until the day of the EUS examination. Tell your doctor about all medications that you're taking and about any allergies you have.

Anticoagulant medications (blood thinners such as warfarin or heparin) and clopidogrel may need to be adjusted before the procedure. Insulin also needs to be adjusted on the day of EUS. In general, you can safely take aspirin and non-steroidal anti-inflammatory medications (ibuprofen, naproxen, etc.) before an EUS examination. Check with your doctor in advance regarding these recommendations.

Check with your doctor about which medications you should take the morning of the EUS examination, and take only essential medications with a small sip of water.

If you have an allergy to latex, you should inform your doctor prior to your test. Patients with latex allergies often require special equipment and may not be able to have a complete EUS examination.

Do I Need to Take Antibiotics?

Antibiotics are not generally required before or after EUS examinations. However, your doctor might prescribe antibiotics if you are having specialized EUS procedures, such as to drain a fluid collection or a cyst using EUS guidance.

Should I Arrange for Help After the Examination?

If you received sedatives, you will not be allowed to drive after the procedure, even if you do not feel tired. You should arrange a ride home in advance. You should also plan to have someone stay with you at home after the examination, because the sedatives could affect your judgment and reflexes for the rest of the day.

What Can I Expect During EUS?

Practices vary among doctors, but for an EUS examination of the upper gastrointestinal tract, some endoscopists spray your throat with a local anesthetic before the test begins. Most often you will receive sedatives intravenously to help you relax. You will most likely begin by lying on your left side. After you receive sedatives, your doctor will pass the ultrasound endoscope through your mouth, esophagus and stomach into the duodenum. The instrument does not interfere with your ability to breathe. The actual examination generally takes less than 60 minutes. Many do not recall the procedure. Most patients consider it only slightly uncomfortable, and many fall asleep during it.

What Happens After EUS?

If you received sedatives, you will be monitored in the recovery area until most of the sedative medication's effects have worn off. If you had an upper EUS, your throat might be a little sore. You might feel bloated because of the air and water that were introduced during the examination.

You'll be able to eat after you leave the procedure area, unless instructed otherwise. Your doctor generally can inform you of the preliminary results of the procedure that day, but the results of some tests, including biopsies, may take several days.

What are the Possible Complications of EUS?

Although complications can occur, they are rare. Bleeding might occur at a biopsy site, but it's usually minimal and rarely requires follow-up. You might have a slightly sore throat for a day or so. Nonprescription anesthetic type throat lozenges help soothe a sore throat.

Other potential but uncommon risks of EUS include a reaction to the sedatives used, aspiration of stomach contents into your lungs, infection, and complications from heart or lung diseases. One major but very uncommon complication of EUS is perforation. This is a tear through the lining of the intestine that might require surgery to repair.

The possibility of complications increases slightly if a needle biopsy is performed during the EUS examination, including an increased risk of infection. These risks must be balanced against the potential benefits of the procedure and the risks of alternative approaches to the condition.

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Patient Instructions— DAY BEFORE YOUR EXAM

The MoviPrep carton contains 4 pouches and a disposable container for mixing. You must complete the entire prep to ensure the most effective cleansing.

Prior to 3:00 PM

STEP 1 MIX FIRST DOSE

- Empty 1 Pouch A and 1 Pouch B into the disposable container
 - Add lukewarm drinking water to the top line of the container. Mix to dissolve
- If preferred, mix solution ahead of time and refrigerate prior to drinking. The reconstituted solution should be used within 24 hours.*



6:00 PM

STEP 2 DRINK FIRST DOSE

- The MoviPrep container is divided by 4 marks. Every 15 minutes, drink the solution down to the next mark (approximately 8 oz), until the full liter is consumed
- Drink 16 oz of the clear liquid of your choice. This is a necessary step to ensure adequate hydration and an effective prep



Clear liquids include water, ginger ale, apple juice, Gatorade[®], lemonade, and broth. No red or purple liquids.

Ask your doctor if you have any questions about whether a particular drink is acceptable.

Prior to 8:00 PM

STEP 3 MIX SECOND DOSE

- Empty 1 Pouch A and 1 Pouch B into the disposable container
 - Add lukewarm drinking water to the top line of the container. Mix to dissolve
- If preferred, mix solution ahead of time and refrigerate prior to drinking. The reconstituted solution should be used within 24 hours.*



9:00 PM

STEP 4 DRINK SECOND DOSE

- The MoviPrep container is divided by 4 marks. Every 15 minutes, drink the solution down to the next mark (approximately 8 oz), until the full liter is consumed
- Drink 16 oz of the clear liquid of your choice. This is a necessary step to ensure adequate hydration and an effective prep



A colonoscopy prep causes the body to lose a significant amount of fluid and can result in sickness due to dehydration. It's important that you prepare your body by drinking extra clear liquids before the prep. Stay hydrated by drinking all required clear liquids during the prep. Replenish your system by drinking clear liquids after returning home from your colonoscopy.