

**WAMC Gastroenterology Clinic
EUS INSTRUCTIONS**

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

- Take Pre- Admission paperwork to Patient Administration Department (PAD), located near the Reilly Road entrance of Womack across from the gift /flower shop on the main floor.
- An adult **must** accompany you to your procedure, remain in the hospital during your procedure, and drive you home. Your appointment **will be** rescheduled if you arrive without a ride. (Person must be 18 years or older).
- Females less than 50 years of age who have not had a tubal ligation, partial or complete hysterectomy must have a pregnancy test performed at Womack’s laboratory or assigned Fort Bragg clinic no more than 72 hours prior to the procedure. This is a hospital policy; there are **NO exceptions**. Lab hours are M-F 0730-1630. Please make sure your pregnancy test is done either the Friday before a Monday procedure, the day before a weekday morning procedure, or the morning before an afternoon procedure. If your pregnancy test is late or not done, your procedure **will be** rescheduled.

Do not eat any solid foods after MIDNIGHT the day of your procedure.

You may have CLEAR LIQUIDS ONLY from midnight until **05:30am or 10:30am** the morning of your procedure, after that you must have nothing by mouth, including gum, mints, and hard candy. If you do eat, we will postpone or reschedule your appointment.

Do NOT take any antacids or reflux medications the morning of your procedure.

You can take all other medications the day of the procedure **except** for Insulin, oral diabetic medications (i.e. Glucophage/Metformin,), or blood thinners such as Plavix, Heparin, Coumadin and similar medications. Please **take your** blood pressure medication the morning of your procedure. All medications must be taken before the indicated time above.

CLEAR LIQUID RECOMMENDATIONS FROM YOUR HEALTHCARE PROVIDER

AVOID red, blue, purple, pink, and green colored liquids

Water, tea or coffee without any dairy products or non-dairy creamer
(okay to add sugar, honey and pulpless lemon juice).

Soft Drinks- Ginger Ale, Sprite, 7-Up, Mountain Dew, etc.....

Clear Broths- Beef, Chicken, Seafood or Vegetable Broth.

Desserts- Popsicles, Italian ice, Jell-O without fruit (**NO DAIRY**)

Sports drinks or clear-colored fruit drinks without pulp – Gatorade, apple juice, Crystal Light, etc...

SPECIAL INSTRUCTIONS:

Do not wear jewelry, lotion, or contacts the day of your procedure. Please wear comfortable clothing and shoes to your procedure.

Name:

Procedure Date:

Arrival Time:

Location: 2nd floor Clinic Mall

WAMC Gastroenterology Clinic



Phone #: 907-7808

Hours: M-F 7:30AM-4:30PM

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 then will use the ultrasound to use 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 at a prior endoscopy or were seen on 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 help treatment decisions. EUS can be used to diagnose diseases of the pancreas, bile duct and gallbladder when other tests are inconclusive or conflicting.

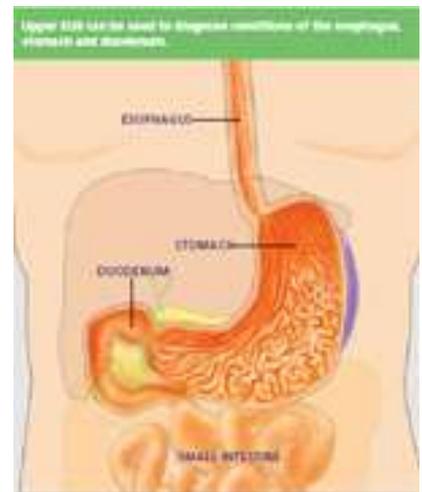
What will happen? The doctor and/or nurse will explain the procedure and answer your questions. Please tell them if you have had any other endoscopies performed and any medication allergies. You will be asked to sign a consent form, giving your permission for the examination. You will put on a hospital gown after removing your clothes and undergarments. You must remove glasses, contacts, jewelry, all piercings, and dentures/partials.

You will be given sedation and pain medications by injection through an IV. A mouth guard will be placed to protect your teeth and gums. While in a comfortable position on your left side, the doctor will pass the scope through your mouth and down your throat. The instrument will not interfere with your ability to breathe. The actual examination generally takes less than 60 minutes. You should know that if a needle biopsy of a lesion or drainage of a cyst is performed during the EUS, then the procedure will be longer and may take up to two hours.

Afterwards: You must remain in the clinic until the effects of the sedation medications wear off. You may return to your regular diet unless otherwise instructed. You may feel a bit bloated due to the air which has been used to inflate the GI tract during the procedure; this will quickly pass. You may have a slight sore throat for a day or so. Non-prescription anesthetic type throat lozenges help soothe a sore throat. 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 up to 2 weeks.

Risks: Endoscopies can result in complications such as reactions to medications, perforation of the GI tract or bleeding, though rare, they may require urgent treatment or surgery. Be sure to inform us if you have any prolonged pain, black, tarry stools or repeated vomiting in the first few days after your procedure. Bleeding might occur at a biopsy site, but it's usually minimal and rarely requires follow-up.

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



Things to do:

___ Register with Patient Administration (located near the Reilly Road entrance, main floor)

___ Pregnancy test must be done within 72 hours of the procedure, as applicable

