

## Upper Endoscopic Ultrasound (EUS) Preparation Step-by-Step Instructions

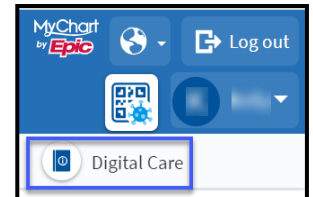
Thank you for choosing Duke Health for your healthcare needs. Your provider ordered an Upper EUS. A link to your procedure information is available at My Duke Health. To prepare for your procedure, please review this information. Your stomach must be empty for this procedure. Due to your current health history or medicines, your provider has ordered a standard prep. Follow these preparation instructions to prepare for your procedure.



**What is an Upper EUS?** An Upper EUS is an ultrasound exam of the tissues surrounding the GI tract. Your doctor will place a flexible tube into your mouth. The tube passes through your esophagus, stomach, and duodenum. Your provider may take biopsies during or perform therapeutic maneuvers during your procedure. You will receive anesthesia to help you sleep and stay comfortable during your procedure. If you have questions about your prep, procedure, or appointment, call Duke GI at (919) 684-6437.

### Planning for Your Procedure - Two (2) weeks before your procedure:

- Log into My Duke Health to review your procedure information. Select Digital Care for the link to the printed information.
- Read your instructions and follow these step-by-step instructions.
- Find a family member or friend who can drive you to your procedure, **stay with you**, and drive you home. Your driver needs to stay in the endoscopy department during your procedure. Your driver must be an adult over 18 with a valid driver's license. You cannot go home in a taxi, bus, or ride-share.
- Review your procedure location (address), date, and arrival time.
- Plan to be in the GI department for about four (4) hours for your procedure.
- You will receive anesthesia for your procedure. You cannot drive or work for 24 hours anesthesia.
- Print these instructions and place them in a safe place, like on your refrigerator.



### TWO (2) WEEKS Before Your Procedure

- If you have diabetes, talk to your provider about your diabetes medicine.
- If you take medicine that thins your blood, ask your provider if you need to hold your medicine. (Examples Coumadin, Pradaxa, Eliquis, Xarelto, Plavix, Effient, or Brilinta).



### FIVE (5) DAYS Before Your Procedure

- Stop taking Fish Oil supplements.

### ONE (1) DAY Before Your Procedure – When you Wake Up

- Eat your regular diet today.
- Stop eating all solid food at 12:00 am (midnight) until after your procedure. You can drink clear fluids.

### The Day of Your Procedure – When You Wake Up

- Do not eat any solid food for the entire day. You cannot eat any solid food until after your procedure.
- Follow your provider's instructions and take your medicines with water.
- FOUR** hours before your procedure time, STOP drinking all fluid.

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### Preparation Information and Frequently Asked Questions (FAQs)

**If you have a Pacemaker or Internal Defibrillator:** Bring your device information card to your anesthesia appointment and on the day of your procedure. Give the device card to your nurse when you check in for your procedure.

**If you do not or cannot accept blood products in an emergency,** please call The Duke Center for Blood Conservation at (919) 668-2467 one week before your procedure.

#### **I am a diabetic. Should I take my diabetes medicines?**

If you take insulin or have an insulin pump:

Contact your diabetes provider to ask if you need to adjust your insulin dose. Check your blood sugar on the day of your procedure.

#### **I am a diabetic. Should I take my diabetes medicines?**

If you take pills for diabetes but not insulin:

Do not take your diabetes medicine on the day of your procedure unless your provider tells you to continue this medicine. Check your blood sugar on the day of your procedure.

#### **Can I drink alcohol, wine, or beer before my procedure?**

Do not drink any alcohol the day before or the day of your procedure.

### Clear Liquid Examples

#### **All fluid must be light in color and not red or purple.**

- Water
- Tea and black coffee without any milk, cream, flavor, non-dairy, or powdered creamer
- Flavored or coconut water without red or purple color
- Clear, light-colored juices such as apple, white grape, lemonade without pulp, and white cranberry
- Clear broth, including chicken, beef, or vegetable
- Sodas or Seltzer such as Mountain Dew®, Ginger-ale, Sun-drop®, or 7-Up®,
- Sports drinks such as Gatorade Zero®, Hydralyte®, Pedialyte®, Powerade Zero Sugar® or Propel®
- Popsicles without fruit or cream (no red or purple colors)
- Jell-O® or other gelatin without fruit (no red or purple colors)
- Boost® Breeze Tropical Juice drink