

GREATER BOSTON GASTROENTEROLOGY

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PREPARATION FOR ENDOSCOPIC ULTRASOUND - UPPER

You are scheduled for an **endoscopic ultrasound** on: _____ at: _____.

Please check in at: _____.

MetroWest Medical Center

115 Lincoln Street

Endoscopy Dept. / 1st Floor

Framingham, MA 01702

Please read the materials in this packet as soon as you get them - do not wait until the day of your test.

This is important because your preparation begins one week before the day of your test.

1. It is extremely important that you make arrangements to have a responsible adult available to take you home after your procedure. **You may not drive yourself home after the test.** If you take a cab, someone must ride home with you in the cab (in addition to the cab driver). This is a policy that is strictly enforced for your safety. No exceptions are made unless you plan to undergo the procedure without sedation. If you wish to do this, you should discuss with your doctor in advance.
2. You must have the entire day off, no working, no driving, and no plans. You will receive sedatives for your procedure. As you recover from the sedatives, you should not go back to work or school and you should not make important decisions. If you normally care for children or disabled relatives, get help with these responsibilities on the day of your test.
3. Please bring with you to your procedure a list of all of your current medications.
4. **A \$50.00 cancellation fee will be billed directly to the patient for any appointment not cancelled with a 48 hour notice.**

When this procedure was scheduled, the insurance on file for you was: _____

If your insurance changes, you must notify the office at 508-620-9200 at least 14 days prior to your procedure.

You will be responsible for any charges due to lack of correct insurance information.

PREPARATION FOR ENDOSCOPIC ULTRASOUND

There are some very important facts that you need to be aware of:

- 1) 1. If you have **Diabetes**, preparing for a procedure involves some temporary changes in your diet. It is important that you know how to adjust your insulin or your oral medicines during this time.
 - a) On the day before your test, most patients find that they do not need to adjust their **insulin** they normally take during the day.
 - b) If you take **oral diabetes medication** for your diabetes, you should not take it the night before your procedure.
 - c) On the day of your test, you will not be eating or drinking for several hours. If you use **short-acting insulin**, you should not take it on the morning of the test. If you use **longer-acting insulin** in the morning, please take ½ your usual dose.
 - d) If you take an **oral diabetes medication**, please do not take it until after your procedure is over.

If you are unsure about whether to change your medication dose(s) the day/night before the test, please call the doctor who takes care of your diabetes for advice.

- 2) If you take **Plavix**, in general it will need to be discontinued seven days before the procedure.
- 3) If you take **Coumadin or Warfarin**, in general it will need to be discontinued five days before the procedure.
- 4) You should continue taking all other regular medications, even on the day of the examination.
- 5) **Important** – do not stop taking any medicine that a doctor has asked you to take without talking first with that doctor. He/she may want you to continue to take the medicine even during your preparation for procedure. If this is the case, please let us know as special arrangements, including a possible pre-procedure office visit may be necessary. Your prescribing physician may need to speak to one of our doctors. This is particularly important for patients on insulin or other diabetes medications and those on Coumadin, Warfarin or Plavix. Do not assume that it is safe to stop one of these medications even if you have done so before.
- 6) If you have any heart conditions, or any implanted prosthesis that requires administration of antibiotics, such as before dental procedures, you should notify your physician in advance. Endoscopic ultrasound for the evaluation of certain types of lesions, in particular cystic lesions requires the prior administration of antibiotics.
- 7) You should also notify us in advance if you have an implanted pacemaker or defibrillator.

PREPARATION:

1. If your procedure is **before noon**, you should have nothing by mouth (except medications with minimal water) from midnight on. If your procedure is **after noon**, you can take clear liquids up to six hours before the procedure, but no thick liquids or solid food after midnight.

2. The examination will take approximately sixty minutes, but may vary from patient to patient. After the examination is completed, you will spend approximately one hour in our recovery area. The total average time you will be at the hospital is 4 to 4 1/2 hours.

3. Please keep in mind that this is an estimated appointment time. Because the time involved in each procedure is often unpredictable, and procedures are scheduled to follow each other consecutively; there are occasions when the schedule runs behind. Your patience and understanding are appreciated.

DAY AFTER EXAMINATION:

You can expect to resume normal activities again unless otherwise indicated. After the procedure, you will be given instructions about diet and medications.

INFORMATION REGARDING AN ENDOSCOPIC ULTRASOUND

What is an endoscopic ultrasound?

An endoscopic ultrasound is a special kind of test, whereby internal organs are examined by using an ultrasound probe from within the alimentary tract.

How is the test performed?

In order to perform this test, a special kind of probe is advanced into the intestines through the mouth. This probe is flexible and allows your physician to both see inside the alimentary tract, as well as to use ultrasound to look beyond the lining of your intestines. The procedure usually requires the administration of sedatives intravenously. Therefore, you will need to arrange for an escort to take you home after the test. If you have already had an upper endoscopy or colonoscopy, it can generally be said that endoscopic ultrasound is very similar to these tests. The main difference is that performing an endoscopic ultrasound usually requires more time, and as a result, requires the administration of more sedatives.

What are the reasons for performing an endoscopic ultrasound?

There are a number of reasons for performing this test. Common indications for endoscopic ultrasound include the evaluation of benign or malignant tumors of the esophagus, stomach, and small intestine. Abnormalities of the pancreas and of the bile duct can also be assessed using this test. There are of course other reasons for performing endoscopic ultrasound, and this list cannot be all comprehensive.

How long would I need to stay in the hospital?

Endoscopic ultrasound is an outpatient procedure. Unless there are any complications, you would not need to stay in the hospital longer than a few hours. Fortunately, complications are rare.

What is a fine needle aspiration?

A fine needle aspiration is a procedure that allows a sample of cells to be obtained from any suspicious lesions or lymph nodes visualized during an endoscopic ultrasound examination. Under endoscopic ultrasound guidance, fine needle aspiration can be accomplished safely, and the fine needle aspiration itself does not cause any pain. The results of a fine needle aspiration can take up to a week before they are available.

What is considered a CLEAR LIQUID?

The following items are those that may be used in a **CLEAR LIQUID** diet:

**Broth, Bouillon, Ginger ale, Sprite, 7-up, Apple juice, White grape juice, Water,
Popsicles, Jell-O (no red or purple colored, no fruit or cream added)
Black coffee or tea (may have sugar but no milk or cream)**