

**GREATER BOSTON GASTROENTEROLOGY**

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**PREPARATION FOR ENDOSCOPIC ULTRASOUND (LOWER)**

**With Dr. Mandeep Sawhney**

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

Please check in at: \_\_\_\_\_.

- 1. You must have a family member or friend drive you home after the examination due to medications which are given to you during the procedure.**
- 2. You must have the entire day off, no working, no driving, and no plans. In the morning you will be cleaning out your bowel for the procedure and in the afternoon you will be recovering from the medications used during the procedure.**
- 3. Please bring with you to your procedure a list of all of your current medications.**
- 4. 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. Obtain one bottle of Citrate of Magnesia and two Fleet Enemas from the drug store.
2. You should continue taking all other regular medications, even on the day of the examination.
3. Please inform us if you take Coumadin or Warfarin. It will need to be discontinued five days before the procedure.
4. Please inform us if you take Plavix. It will need to be discontinued seven days before the procedure. If there is a concern regarding this, please discuss with your prescribing physician.
5. Please inform us if you take insulin. It will need to be adjusted for the preparation and the procedure.
6. Do not take any pills for diabetes on the day before and evening before procedure, or the day of the procedure.
7. 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.
8. You should also notify us in advance if you have an implanted pacemaker or defibrillator

### **DAY BEFORE EXAM:**

1. Have a clear liquid dinner at 6:00 P.M.

The following items are considered **CLEAR LIQUIDS**:

**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)**

2. After dinner, take the bottle of Citrate of Magnesia.

### **DAY OF EXAM:**

1. Take the first Fleet Enema upon waking.
2. Take second Fleet Enema 30 minutes before leaving to come for your test.
3. You can take clear liquids up until the time of the examination.
4. 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 rectum. 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)**