

**ENDOSCOPIC ULTRASOUND (EUS)**      RWJUH – Somerset in Somerville  
110 Rehill Ave  
GI Center – 3<sup>rd</sup> Floor, West Elevator  
Somerville, NJ 08876  
908-685-2200

Procedure Date: \_\_\_\_\_ Arrival Time: \_\_\_\_\_ Procedure Time: \_\_\_\_\_

- **DO NOT** have any solid food or dairy products after midnight the night before your procedure.
- You may have clear liquids until 4 hours prior to your procedure. The following are examples of clear liquids:

Gatorade, Powerade (Sports drinks with electrolytes are recommended to help with hydration) water, tea or coffee (**NO CREAM OR MILK, sugar is ok**) Clear Broth or Bouillon Jell-O, Popsicles, Italian Ice (**no fruit or cream added**) Apple juice, White Grape juice or White Cranberry juice, Lemonade, Ice Tea (**No juice with pulp**), Soda such as Sprite, 7-UP, ginger ale or any cola, Clear hard candy, gum. No alcohol.

- After this time **NOTHING BY MOUTH** including water, gum, candy or mints.
- You should take your vital medications, including heart, blood pressure, thyroid and seizure medications as directed 4 hours before procedure.
- If you are diabetic, to avoid dangerously low blood sugar, please do not take your oral diabetic medication the morning of the procedure. Take only ½ dose of insulin.
- You should wear loose comfortable clothing. Leave all jewelry and valuables at home. Contact lenses should not be worn. You should not wear any clothing with metal including zippers and underwire bras.
- If you are a smoker, it is advised that you do not smoke at least 6 hours prior to the procedure.
- Please make sure you have arranged for a responsible adult (age 18 or over) to drive you home after the procedure. Going home in a taxi or Uber is not allowed.

### After The Procedure

The effects of anesthesia can persist for 24 hours. After receiving sedation, you must exercise extreme caution before engaging in any activity that could be harmful to yourself or others (such as driving a car). Do not make any important decisions and do not drink any alcoholic beverages during this time period.

If your procedure required the placement of a metal clip, you cannot have an MRI for 30 days.

## **CLEAR LIQUID LIST**

**Avoid all RED liquids NO ALCOHOL**

- Gatorade, Powerade (Sports drinks with electrolytes are recommended to help with hydration)
- water, tea or coffee (**NO CREAM OR MILK, sugar is ok**)
- Clear Broth or Bouillon
- Jell-O, Popsicles, Italian Ice (**no fruit or cream added**)
- Apple juice, White Grape juice or White Cranberry juice, Lemonade, Ice Tea (**No juice with pulp**),
- Soda such as Sprite, 7-UP, ginger ale or any cola,
- Clear hard candy, gum.

## **FREQUENTLY ASKED QUESTIONS**

### **What medications/supplements should I avoid prior to procedure?**

Stop the following blood thinners, if, and only if, the Prescribing Physician approves for the number of days s/he allows: Plavix, Clopidogrel, Effient, Brillinta, Coumadin, Warfarin, Pradaxa, Xarelto and Eliquis.

### **What medications should I take prior to procedure?**

You may take **critical** medications up until 4 hours before your start time. Do not take any vitamins/supplements the morning of your procedure. It is okay to continue Anti-inflammatory medications such as aspirin, ibuprofen, Motrin, Aleve and Tylenol.

### **Are there any special instructions I should follow in the days prior to my procedure?**

It is advised that you do not smoke at least 6 hours prior to the procedure.

### **Are there any special instructions for diabetic patients?**

Hold (do not take) your oral diabetic medication the morning of the endoscopy. Take ½ of the insulin dose prior to the procedure. Use sugar free drinks for liquids during the prep to avoid increase in blood sugar. Monitor and control your blood sugar closely during your prep to prevent low and high blood sugar. Note: Your procedure may need to be cancelled if your blood sugar is over 300mg/dl on arrival.

### **What should I bring with me to my procedure?**

Please bring your insurance card, photo id and current medication list.

### **What should I wear to my procedure?**

You should wear loose comfortable clothing. Leave all jewelry and valuables at home. Contact lenses should not be worn. You should not wear any clothing with metal including zippers and underwire bras.

### **Are there any special instructions for breast feeding mothers or patients of child-bearing age?**

Prior to procedure, breast feeding mothers must pump enough milk for 24 hours worth of feedings to have for after the procedure. They must also pump and dump for 24 hours after the procedure. Patients of child-bearing age should not empty their bladder until they have given a urine sample upon arrival.

**Do I need a ride home?** You must have a responsible adult (age 18 or older) drive you home after the procedure.