

Rectal Endoscopic Ultrasound (EUS)

How to prepare with GoLytely

Your EUS is scheduled for _____, _____, at _____ a.m. / p.m.
DAY DATE TIME

7 Days Before	5 Days Before	1 Day Before	On Procedure Day
Date:	Date:	Date:	Date:
<ul style="list-style-type: none"> • If you take blood-thinning medicines such as Coumadin (warfarin) or Plavix (clopidogrel): <ul style="list-style-type: none"> - Call the doctor who prescribed these medicines. - Tell the doctor you are having an EUS, and the date of your procedure. - Ask for special instructions for your blood-thinning medicines. • Cancellations: If you need to reschedule or cancel your EUS, call 206._____. • Transportation: You must arrange for a responsible adult to take you home after your EUS. <ul style="list-style-type: none"> - You cannot drive on the day of your EUS. You cannot take a taxi or bus unless you have a responsible adult to ride with you. - Your test may be cancelled if you arrive at the hospital and do not have a responsible adult to take you home. - Your escort must be in our waiting room at the time of your discharge, about 2 hours after your appointment time. 	<ul style="list-style-type: none"> • Stop eating foods that contain nuts or seeds. • Stop taking iron and any multivitamin that contains iron. • Fill your GoLytely prescription. • Read this handout carefully. • If you have diabetes: <ul style="list-style-type: none"> - Call the provider who manages your diabetes medicines. - Tell the provider that you are having an EUS and the date of your procedure. - Ask for special instructions for your diabetes medicines. 	<ul style="list-style-type: none"> • For breakfast: You can eat plain crackers (saltines or Melba toast, no seeds), cooked cereals (farina, cream of wheat, grits), cold cereal (puffed rice, corn flakes), white rice, noodles, or pasta. • In the morning: Prepare the GoLytely solution by adding water to the container. Mix to dissolve. Store in the refrigerator. • After 12 noon: Do not eat any solid food. For the rest of the day, drink clear liquids such as juice (apple, grape, or cranberry), broth, black coffee or tea, sports drinks, soda, or gelatin (green or yellow only). • At 7 p.m.: Drink 3 liters of GoLytely (¾ of the container) within 3 hours. It should cause diarrhea. Store the rest of the GoLytely in the refrigerator. 	<ul style="list-style-type: none"> • Do not eat any solid food. • 5 hours before your appointment: Drink the rest of the GoLytely (1 liter). Drink 8 ounces every 15 minutes. After you have finished the GoLytely, drink at least 16 ounces of a clear liquid. • 1 hour before or after drinking the GoLytely, take your morning medicines with water. • Keep drinking clear liquids until 2 hours before your appointment. • Starting 2 hours before your appointment: Do not take anything by mouth. <p>What to bring to your appointment:</p> <ul style="list-style-type: none"> • CT scans and X-rays • Your driver or escort • A list of all medicines you currently take • Photo ID, insurance card, and co-pay, if needed • You will need to remove all jewelry and piercings before your EUS. If you can, leave all valuables at home, or give them to your escort for safekeeping.

Locations and Parking

Maps and parking rates are included with this handout.

Harborview Medical Center

GI Endoscopy Suite
Maleng Building, 8th Floor
410 Ninth Ave., Seattle, WA 98104
206.744.3519

Parking 24 hours a day, 7 days a week in the Ninth and Jefferson Garage (P2) off James and Terry.

University of Washington Medical Center

Digestive Disease Center
Surgery Pavilion, 3rd Floor
1959 N.E. Pacific St., Seattle, WA 98195
206.598.4377

From N.E. Pacific St., follow the signs to the Emergency Room. At the stop sign, enter the Surgery Pavilion Parking Garage on the left. After parking in the garage, take the elevator to the 3rd floor. Turn right into the Digestive Disease Center.

Questions?

Your questions are important. Please call if you have questions or concerns. Weekdays between 8 a.m. and 5 p.m., call the clinic where your EUS is scheduled. After hours and on weekends and holidays, call the Community Care Line at Harborview, 206.744.2500.

Special Instructions

- If you take medicines for diabetes, your medicines will need to be adjusted for the day before and the day of your EUS. Talk with your diabetes care provider about what to do on these 2 days.
- If you have severe constipation or are taking pain medicine every day:
 - Buy a bottle of Magnesium Citrate at a drugstore.
 - 2 days before your procedure, at 4 p.m., drink the full bottle.
- An EUS is usually done without *sedation* (medicine to help you relax). If you wish to have sedation, tell your doctor before the day of your EUS. If you choose to have sedation, you must arrive 30 minutes before your scheduled appointment time.

What is a rectal endoscopic ultrasound (EUS)?

An EUS uses sound waves to examine part of your large intestine and other tissues in your lower abdomen.

What to Expect

Your doctor will place a flexible tube, about the width of a finger, into your rectum. You might feel some pressure, but it should not be painful. Most people do not need sedation for this exam.

The EUS takes about 15 to 30 minutes. Afterward, your doctor will talk with you about the results. If your results are not ready right away, we will tell you when you can expect to receive them.