

Patient Education

Digestive Disease Center



Your EUS

How to prepare for your endoscopic ultrasound

Directions:

- To park, follow the signs for the Emergency Room.
- At the fork, stay on your left to enter the Surgery Pavilion Parking Garage.
- Take the elevator to the 3rd floor.
- Turn right to the Digestive Disease Center.

Your appointment at the Digestive Disease Center, on the 3rd floor of the Surgery Pavilion, is on:

_____ at _____.

Follow these instructions to prepare for your exam:

- Do not eat anything after midnight.
- As soon as you get up, take all your morning medicines with water.
- You can drink clear or transparent fluids, such as juice (apple, grape, or cranberry), broth, black coffee, tea, lemonade, sports drinks, soda pop, or Jell-O until 2 hours before your appointment. After this time, do not eat or drink anything.
- Bring a list of all medicines you take.
- Bring any X-rays, CT scans, and other relevant records to your appointment.
- Arrange for a responsible family member or friend to take you home. You cannot drive the day of your exam. **Your exam will be cancelled if you arrive without a responsible adult to drive you home.** Your family member or friend must be in our waiting room at the time of your discharge, about 2½ hours after your appointment time. You cannot take a taxi, a bus, or use an escort service (like Hopelink) unless you have a responsible adult to ride with you.

Special Instructions

- _____
- _____
- _____

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Questions?

Your questions are important. Please call if you have questions or concerns.

Digestive Disease Center,
206-598-4377, weekdays
between 8 a.m. and 5 p.m.

At all other times, call the
Community Care Line at
Harborview Medical
Center, 206-744-2500.

You are scheduled for an *endoscopic ultrasound*. Ultrasound is a technique that uses sound waves to create a picture of the inside of your body. A special scope is used, so that the doctor can place the ultrasound probe close to the area of interest. The scope is a flexible tube, about the width of a finger, which is placed through your mouth and into the esophagus, stomach, and small intestine. The exam does not get in the way of your breathing.

You will receive a sedative through your vein. Most patients fall asleep during the exam. Your doctor may take *biopsies* (tissue samples) or *dilate* (expand) narrowed areas.

The exam will take about 1 hour, but your appointment will last about 2½ hours. This includes time to prepare and recover. When you wake up after the exam, your doctor will talk with you about the results. If results are not ready right after the exam, your doctor will tell you when you can expect to be contacted.

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