# Endoscopic Ultrasound (EUS)

## How to Prepare

Your EUS procedure is scheduled for ______________, ______________, at _______ a.m. / p.m.

### How to Prepare

<table>
<thead>
<tr>
<th>7 Days Before</th>
<th>5 Days Before</th>
<th>On Procedure Day</th>
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<tbody>
<tr>
<td>Date:</td>
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- **If you take blood-thinning medicines** such as Coumadin (warfarin) or Plavix (clopidogrel):
  - Call the doctor who prescribed these medicines.
  - Tell the doctor that you are having an endoscopic ultrasound (EUS), and the date of your procedure.
  - Ask for special instructions for your blood-thinning medicines.

- **Cancellations**: If you need to cancel or reschedule your procedure, please call 206.____________.

- **Transportation**: You must arrange for a responsible adult to take you home after your procedure.
  - 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 without a responsible adult to drive you home.
  - Your driver must be in our waiting room at the time of your discharge, about 2 hours after your appointment time.

- **If you have diabetes**:
  - Call the provider who manages your diabetes medicines.
  - Tell the provider that you are having an endoscopic ultrasound (EUS), and the date of your procedure.
  - Ask for special instructions for your diabetes medicines.

- **Do not eat anything after midnight** the night before your procedure.

- **As soon as you get up in the morning**, take your morning medicines with water.

- **Until 2 hours before your procedure**, you can drink clear fluids (fluids you can see through). These include juice (apple, grape, or cranberry), broth, black coffee, tea without milk, sports drinks, soda, or Jell-O (green or yellow only).

- **Do not eat or drink anything starting 2 hours before your procedure**.

- Leave valuables at home, or keep them safe with your driver or escort

### What to bring to your appointment:

- Your driver or escort
- A list of all medicines you currently take
- Results of other tests (CT scans or X-rays)
- Photo ID, insurance care, and co-pay, if needed

### At the hospital:

You will need to remove all jewelry and piercings before the procedure. If possible, leave these at home.
What is an endoscopic ultrasound?

Ultrasound is a scan that uses sound waves to create pictures of the inside of your body. In an endoscopic ultrasound, a special tool called an endoscope is used to help the doctor place the ultrasound probe as close as possible to the area being scanned. An endoscope is a flexible tube about the width of a little finger. This tube is placed into your mouth and moved down into your esophagus, stomach, and small intestine. The tube will not get in the way of your breathing.

What to Expect

- You will receive a sedative (relaxation medicine) to help you relax. This medicine will be given to you through a small tube called an intravenous (IV) line placed into one of your veins.
- Most people fall asleep. But, if you do not fall asleep and are feeling some discomfort, we will do our best to help you be comfortable.
- Your doctor may take small tissue samples called biopsies. You will not feel this because there are no nerve endings in that layer of tissue.
- This test will take only about 1 hour, but you will be in the hospital longer than that, to allow time for you to prepare for your EUS and recover afterward.

How do I get the test results?

When you wake up after the procedure, your doctor will talk with you about the results. If a biopsy was taken, or your results are not ready right after the EUS, we will tell you when you can expect to receive them.