

# 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"> <li>• <b>If you take blood-thinning medicines</b> such as Coumadin (warfarin) or Plavix (clopidogrel):                             <ul style="list-style-type: none"> <li>- Call the doctor who prescribed these medicines.</li> <li>- Tell the doctor you are having an EUS, and the date of your procedure.</li> <li>- Ask for special instructions for your blood-thinning medicines.</li> </ul> </li> <li>• <b>Cancellations:</b> If you need to reschedule or cancel your EUS, call 206._____.</li> <li>• <b>Discharge and transportation:</b> <ul style="list-style-type: none"> <li>- An adult family member or friend <b>must</b> pick you up when you are ready to go home. You cannot drive, take a bus or taxi, or use a service such as Hopelink or Paratransit by yourself after your test.</li> <li>- <b>Your test will be cancelled if you do not have an adult family member or friend to take you home.</b></li> <li>- We strongly advise that a responsible adult stay with you for the rest of the day.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• <b>Stop</b> eating foods that contain nuts or seeds.</li> <li>• <b>Stop</b> taking iron and any multivitamin that contains iron.</li> <li>• <b>Fill</b> your GoLytely prescription.</li> <li>• <b>Read</b> this handout carefully.</li> <li>• <b>If you have diabetes:</b> <ul style="list-style-type: none"> <li>- Call the provider who manages your diabetes medicines.</li> <li>- Tell the provider that you are having an EUS and the date of your procedure.</li> <li>- Ask for special instructions for your diabetes medicines.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• <b>For breakfast:</b> 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.</li> <li>• <b>In the morning:</b> Prepare the GoLytely solution by adding water to the container. Mix to dissolve. Store in the refrigerator.</li> <li>• <b>After 12 noon:</b> 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).</li> <li>• <b>At 7 p.m.:</b> 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.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Do not eat any solid food.</b></li> <li>• <b>5 hours before your appointment:</b> 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.</li> <li>• 1 hour before or after drinking the GoLytely, take your morning medicines with water.</li> <li>• Keep drinking clear liquids until 2 hours before your appointment.</li> <li>• <b>Starting 2 hours before your appointment:</b> Do not take anything by mouth.</li> </ul> <p><b>What to bring to your appointment:</b></p> <ul style="list-style-type: none"> <li>• CT scans and X-rays</li> <li>• An adult family member or friend</li> <li>• A list of all medicines you currently take</li> <li>• Photo ID, insurance card, and co-pay, if needed</li> <li>• You must remove all jewelry and piercings before your EUS. If you can, leave all valuables at home, or give them to your family member or friend for safekeeping.</li> </ul>

## 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.

### Northwest Hospital

1550 N. 115th St., Seattle, WA 98133  
206.368.1770

The Endoscopy Procedure Suite is on the 1st floor of the main hospital, across from Starbucks.

### Seattle Cancer Care Alliance

825 Eastlake Ave. E., Seattle, WA 98109-1023  
206.606.1329

The Procedure Suite is on the 2nd floor of the clinic.

## 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.

## 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.