

## About lower endoscopic ultrasound

Endoscopic ultrasound (EUS) allows your physician to examine the lining and walls of your upper and lower gastrointestinal tract. The upper tract is the esophagus, stomach, and duodenum; the lower tract includes your colon and rectum. EUS is also used to study internal organs that lie next to the gastrointestinal tract, such as the gallbladder and pancreas.

Your physician will use a thin, flexible tube called an endoscope that has a built-in, miniature ultrasound probe. Your doctor will pass the endoscope through your mouth or anus to the area to be examined. Your doctor will then use the ultrasound to use sound waves to create visual images of the digestive tract.

EUS provides your physician with more information than other imaging tests by providing detailed images of your digestive tract. Your doctor can use the EUS to diagnose certain conditions that may cause abdominal pain or abnormal weight loss. EUS is also used to evaluate known abnormalities, including lumps or lesions which were detected at a prior endoscopy or were seen on x-ray tests such as a CT scan.\*

\*ASGE Patient Information Booklet

## Planning for other medical conditions

A registered nurse will call you prior to your procedure to go over your health history.

### Please contact your prescribing provider if you:

- Take Coumadin, Plavix, or another blood thinning medication. You may be placed on a different blood thinner until your procedure.
- Have diabetes and use any medications to control your blood sugar. Your primary care provider may instruct you to adjust your medication the day before and the day of your colonoscopy. Continue to monitor your blood sugar as usual.



Northern Light Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, ethnicity, age, mental or physical ability or disability, political affiliation, religion, culture, socio-economic status, genetic information, veteran status, sexual orientation, sex, gender, gender identity or expression, or language.

French: ATTENTION: Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement.  
Appelez le 1-888-986-6341 (ATS: 711)

Spanish: ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística.  
Llame al 1-888-986-6341 (TTY: 711)

# Preparing for your lower endoscopic ultrasound

We want to make you as comfortable as possible during your procedure. We know it can be difficult, and we want to make sure you are prepared to have the best results. Here is a helpful guide to get ready for your procedure.

You have been scheduled for a procedure with:

\_\_\_\_\_  
Physician name

There are circumstances in which your physician may change on the day of your procedure.

Date \_\_\_\_\_

Arrival times are given seven days before your procedure. Any time given to you before that point is subject to change.

If you have any question or concerns, please call us at 207.973.4266, option 2.

### Location for your procedure

Please arrive at **Northern Light Endoscopy**, located on the third floor of the Kagan Parking Garage, 489 State Street, Bangor, ME 04401.

# Instructions and preparation

Please follow these instructions carefully to avoid having to reschedule your appointment.

## Five Days Before Your Procedure

- Purchase the following from your pharmacy:**
  - Two Fleet enemas
  - Assorted clear liquids
  
- Stop taking the following:**
  - Ibuprofen, Advil or any other NSAID (non-steroidal anti-inflammatory drug).
  - Fish Oil
  - Pepto Bismol
  - Iron supplements or multivitamins with iron
  - Fiber supplements
  - Foods with seeds or nuts including strawberries, tomatoes, and bananas

**You may remain on:** 81 mg of aspirin.



If you have questions about these instructions, please call your scheduler.

## One Day Before Your Procedure

- Do not eat solid foods.** Drink clear liquids only (nothing red, blue, or purple).  
**Clear liquids include:**
  - Water
  - Popsicles
  - Coffee or tea without cream or dairy
  - Clear fruit juices such as apple or white grape
  - Gatorade
  - Bouillon
  - Jello (no red, blue, or purple)
  - Soft drinks, lemonade, or Crystal Light
  
- At 6 pm**
  - Take one Fleet Enema

## The Day of Your Procedure

- Do not eat solid foods.** Drink clear liquids only until two hours prior to your arrival time.
  
- Two hours before your arrival time**
  - Stop all liquids.
  - Take one Fleet Enema

### Please remember

- Arrive at the time provided to you during your confirmation call.
- Have a responsible adult driver to take you home and stay with you.

### Plan ahead!

#### Who will your support person be?

Please arrange for someone to come in with you, receive discharge instructions, and sign you out. They will also need to drive you home. We highly recommend someone stay with you for 24 hours after your procedure.

## Get Ready for your procedure with GetWell Loop

We use Northern Light Health's GetWell Loop to stay connected before and after your procedure. This tool provides you with checklists to help make sure you're ready for the day of your procedure. It also keeps your healthcare team up to date on your recovery. Skip the phone call and confirm your procedure, get your arrival time, and get your questions answered through this interactive tool!