

Endoscopic Ultrasound Preparations



Digestive Disease Center

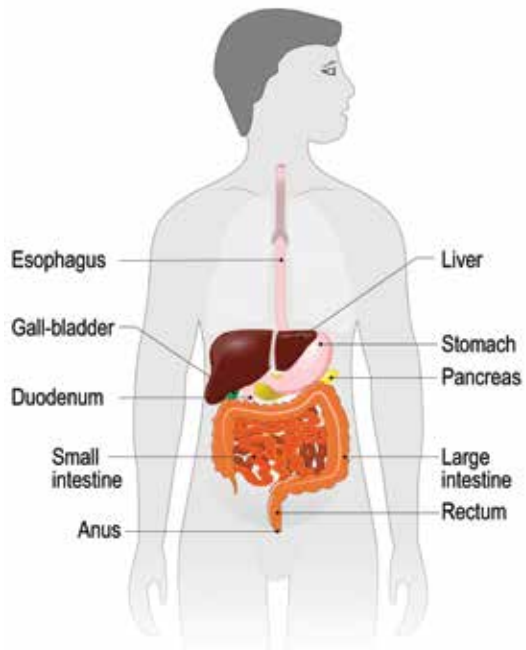
An upper endoscopic ultrasound is an outpatient procedure used to examine portions of the digestive system. During this procedure, your doctor inserts a thin tube with an ultrasound device on the tip into your mouth. The ultrasound uses sound waves to provide images of your esophagus, stomach, duodenum and surrounding organs.

Additionally, your doctor may use this technology in combination with fine needle aspiration. This tiny needle helps in the removal or biopsy of abnormal (cancerous and non-cancerous) tissue growths for future analysis – all during the same procedure.

An upper endoscopic ultrasound is commonly used to:

- ✦ Evaluate non-cancerous tissue growths
- ✦ Stage cancerous tissue growths
- ✦ Examine the lining of the digestive tract
- ✦ Examine surrounding organs such as the pancreas, lymph nodes and lungs

The digestive system helps the body break down foods and drinks into nutrients – carbohydrates, protein, fats and vitamins. The body uses these nutrients for energy, growth and cell repair.



Upper Endoscopy Procedure Instructions

General Guidelines

- ✦ It is important that you follow all of the instructions in this brochure *exactly* as they are written.
- ✦ For your safety and to better ensure optimal viewing of the upper digestive system, your endoscopic ultrasound will be *cancelled* if you do not follow all of these instructions.
- ✦ Your stomach must be empty for your doctor to clearly view the upper digestive system.
- ✦ Inform your doctor if you:
 - Are pregnant
 - Have a lung or heart condition
 - Are allergic to any medications

Post-Procedure Arrangements

You will be given a sedative that causes drowsiness, dizziness and impaired judgment. Therefore, you should not drive or operate machinery for at least eight hours after the procedure.

Please arrange to have a family member or friend available to take you home after the upper endoscopy. *A responsible driver must accompany you home.*

Prescribed Medications

You may need to stop or adjust some of your usual medications prior to the procedure. You must request these adjustments from the doctor(s) who prescribed them. Some of these medications may include:

Blood Thinners

- ✦ Agrylin (Anagrelide)
- ✦ Coumadin (Warfarin)
- ✦ Effient (Prasugrel)
- ✦ Eliquis (Apixaban)
- ✦ Plavix (Clopidogrel)

- ‡ Pradaxa (Dabigatran)
- ‡ Ticlid (Ticlopidine HCL)
- ‡ Xarelto (Rivaroxaban)

Insulin or Diabetes Pills

- ‡ Follow the instructions given by your doctor(s) regarding diet as well as insulin and diabetes pill use prior to the procedure.
- ‡ Bring your diabetes medication(s) with you on the day of your procedure.

Upper Endoscopy Preparation Process

Eight Hours Before Your Procedure

Do not eat any solid foods.

Four Hours Before Your Procedure

Drink only clear liquids.

- ‡ Broth
- ‡ Plain Jello® or other gelatins
- ‡ Coffee or tea without milk, cream or sugar
- ‡ Apple juice
- ‡ Clear carbonated beverages (e.g. ginger ale, lemon-lime soda, etc.)
- ‡ Kool-Aid® or other flavored drinks
- ‡ Gatorade® or other sports drinks
- ‡ Popsicles

Day of Your Procedure

Your experienced endoscopy physician will discuss any potential complications, explain the side effects and answer your questions.

As part of this 30 to 45 minute procedure, you will:

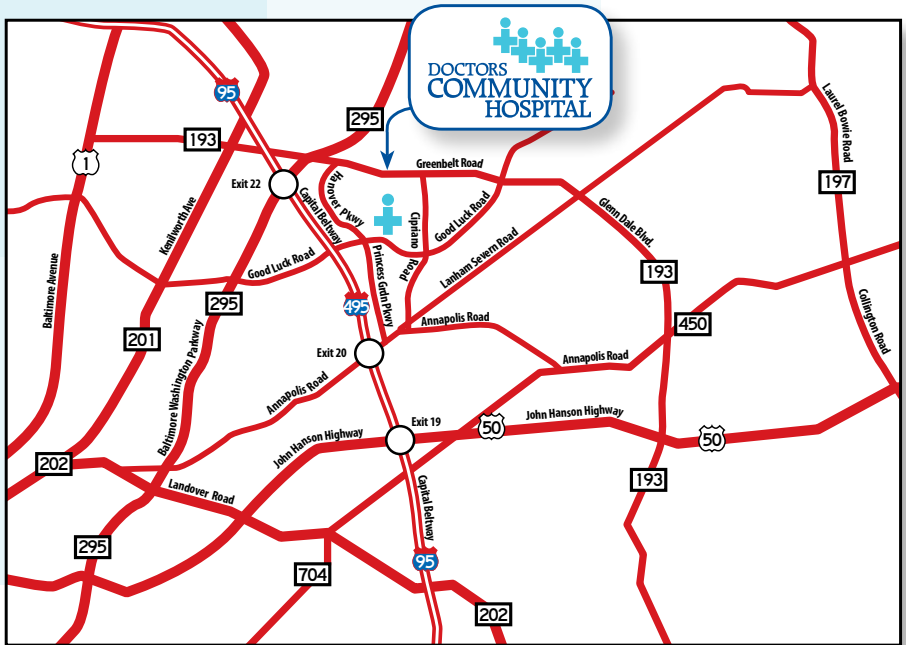
- ‡ Wear a hospital gown
- ‡ Remove your eyeglasses and dentures
- ‡ Receive local anesthesia (pain-relieving medication) on the back of your throat
- ‡ Receive a pain reliever and an intravenous (in your vein) sedative
- ‡ Lie on your left side throughout the procedure.

- ‡ Wear a mouthpiece, which will not interfere with your breathing
- ‡ Have an endoscope inserted into your mouth, down your esophagus and into your stomach, which will not interfere with your breathing

After Your Procedure

- ‡ We will observe you for 30 minutes in the recovery room.
- ‡ You may experience a temporary sore throat for which lozenges may help.
- ‡ Your endoscopy physician will discuss the results with you, highlight any immediate medical concerns and share all information with your referring or primary care physician.
- ‡ You should call **240-965-4413** immediately if you experience any of the below conditions within 72 hours after having the procedure:
 - Severe abdominal pain
 - Continuous cough
 - Fever
 - Chills
 - Chest pain
 - Nausea
 - Vomiting





If you have any questions or need to reschedule your appointment, please call us at 240-965-4413.

STAY CONNECTED!



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