

## **LOWER (RECTAL) EUS PREPARATION INSTRUCTIONS**

You have been scheduled for a rectal (lower) Endoscopic Ultrasound (EUS). This is an examination of your lower GI tract (rectum). If you are experiencing pain, you may request sedation for this exam. A short, flexible tube (EUS scope) will be inserted into your rectum and will ultrasound the area. Additional procedures may be performed such as taking tissue samples.

**Your colon must be clean for us to perform this exam. Please read all of the instructions ahead of time so you can be adequately prepared.**

To ensure your comfort, IV sedation will be given for this exam (to make you relaxed). You must have a responsible companion, family member, or friend, 18 years of age or older escort you to the endoscopy suite, remain on site during your procedure, be present at the time of your discharge, drive you home, and stay with you for several hours after your procedure. We discourage children in patient care areas.

You **may not go home alone** in a taxi, shuttle van, or bus, as these drivers will not be responsible for you. If you receive sedation, you may not drive until the next day. **Plan to spend 3 to 4 hours total visit time in our unit.**

**If your escort does not accompany you to the unit your procedure unfortunately will be rescheduled.**

### **SPECIAL MEDICATION INSTRUCTIONS**

We recommend the following medication changes prior to your procedure:

- **Blood-thinning medications** (Coumadin, Ticlid, Plavix, and Lovenox) may need to be discontinued prior to your procedure. Please contact your prescribing physician for instructions well in advance since you will need to be off these drugs 5 - 10 days, depending on the medicine.
- **Do not take iron pills** 7 days prior to your procedure.
- **Continue to take your other prescribed medications as usual.** If you have any questions about your medications, call your prescribing physician.
- **Diabetic patients**
- If you take an oral hypoglycemic “sugar pill”, **do not** take it the day of your procedure. If you are taking insulin, you should only take **half (1/2 of your usual scheduled dose)** before your procedure.
- If you have an internal defibrillator device (**AICD**), please bring your card to give to the nurse. You will need to know the name brand of your device prior to your procedure.