

# Rectal Endoscopic Ultrasound (EUS) Prep Instructions



Put these instructions somewhere you can see them. Follow every step to get ready for your procedure. For more information, visit [ohiogastro.com/rectal-eus-preparation/](http://ohiogastro.com/rectal-eus-preparation/). **By the end of your bowel prep, your stool should be a clear or yellow liquid.** If it is still brown, the doctor may not be able to see your colon clearly, and your procedure might need to be rescheduled. Questions? Call 614-754-5500 or visit [ohiogastro.com](http://ohiogastro.com). (Do not call the hospital about preparing for your procedure.)

## Special Instructions

- If you have **diabetes**, call your primary care doctor to ask if you need to adjust your diabetes medicine before and on the day of your procedure. Check your blood sugar often during this time.
- **Blood thinners** (such as Coumadin, Plavix, Eliquis, and Xarelto) are not usually stopped before this procedure. In most cases, small polyps can be removed and biopsies can be done safely while you are taking blood thinners. If a large polyp is found while you are taking blood thinners, your procedure may need to be repeated.

## Preparing for Your Procedure

- Arrange for a responsible adult to take you to and from your procedure, sign you out, and care for you afterward. **This is required. If we cannot confirm your responsible adult when you arrive, we will not provide sedation and may reschedule your procedure. For your safety, taxi, Uber, or public transportation may only be used if your responsible adult is with you.**
- Plan to be at the facility for at least 3 hours.
- If your procedure is at the hospital, you may need to complete pre-admission testing (PAT). PAT may include blood work, a review of your medical history, a physical exam, and sometimes an EKG. If you have a **heart defibrillator or a central venous access device**, tell the staff during pre-admission testing.

## 7 Days Before Your Procedure

- Buy these items:
  - Prescription for your bowel preparation from your pharmacy (If you haven't received a prescription, call our office right away.)
  - Anti-gas tablets with simethicone (like Gas-X) - at least 4 tablets
  - Laxative tablets (Bisacodyl) - at least 2 tablets
- Stop eating raw vegetables, lettuce, nuts, red liquids, and foods with small seeds or corn. Stop taking iron (including medications or multivitamins with iron) and fiber supplements (like Metamucil, Benefiber, or Fibernure).

Flip to continue. 

# Prep Instructions Continued

## Day Before Your Procedure

- Start a clear liquid diet.** Have only clear liquids all day (like water, chicken broth, apple juice, popsicles, Jell-O, coffee, or soda). DO NOT have alcohol, red liquids, red Jello, red popsicles, or creamers. DO NOT eat any solid food.
- Confirm your responsible adult driver.
- 5 p.m.** - Take 2 laxative (Bisacodyl) tablets.
- 6 p.m.** - Begin "Step 1" of your prescribed bowel preparation. Find the instructions specifically for your prescribed bowel preparation on the next page.
- 9 p.m.** - Take 2 anti-gas tablets.
- Keep drinking clear liquids (no red coloring, alcohol, or creamers) until these instructions tell you to stop. DO NOT eat any solid food.

## Day of Your Procedure

- DO NOT use any pain medicine, marijuana, antacids (like Maalox, Pepto Bismol, or Mylanta), chewing tobacco, or creamer in your coffee. DO NOT smoke.**
- 3 to 4 hours before procedure time** - Take 2 anti-gas tablets.
- At least 4 hours before procedure time** - Begin "Step 2" of your prescribed bowel prep.
- At least 2 hours before procedure time** - Take your regular medicines with small sips of water.
- 2 hours before procedure time** - **STOP drinking water and clear liquids. DO NOT have anything by mouth before your procedure. DO NOT eat, drink, chew gum, suck on hard candy, or use lozenges. If you do, your procedure will be delayed or cancelled.**
- 1 hour before procedure time** - Arrive at reception where you will have your procedure so we can get you ready. Bring your insurance card, a photo ID, and a list of your medicines. Leave valuables at home (like cash, watch, and jewelry). Do not wear contact lenses.



Get more info at  
[ohiogastro.com/rectal-eus-preparation/](https://ohiogastro.com/rectal-eus-preparation/)

# Bowel Preparation Instructions by Specific Product

Please find your specific bowel preparation product from the list below and **follow these instructions instead of the instructions on the package**. Remember! You will need to complete your bowel prep 2 hours prior to your arrival time. Questions? Call us at 614-754-5500 or visit [ohiogastro.com](http://ohiogastro.com).

## GaviLyte-N or equivalent generic 4 liter PEG solution

**Step 1:** At 5:00pm - Drink one 8oz glass of the prep solution every 15 minutes and stop once you have finished half of the bottle (2 liters). Place remainder prep in refrigerator for the next morning.

**Step 2:** 4 hours before arrival time - Drink one 8oz glass of the prep solution every 15 minutes until prep is complete.

## Suprep or Plenvu

**Step 1:** At 5:00pm - Mix the first half of the prep solution with water per product instructions. Drink the entire 16oz container of prep solution. Over the next 1 hour, drink 2 more 16oz cups of water.

**Step 2:** 4 hours before arrival time - Repeat **all** of "Step 1" with the second half of prep solution.

## Sutab

**This prep must be approved by your procedure physician.**

**Step 1:** At 5:00PM - Open one bottle of 12 tablets. Fill the provided cup with water to the 16oz fill line. Swallow each tablet with a sip of water. Finish the remaining water over the next 15-20 minutes. 1 hour after the last tablet is ingested - Drink a second 16oz container of water. 30 minutes after finishing the second container of water - Drink a third 16oz container of water.

**Step 2:** 5 hours before arrival time - Repeat **all** of "Step 1" with the other bottle of 12 tablets.

## Moviprep 2 liter PEG solution

**Step 1:** At 5:00pm - Mix the first half of the prep solution with water per product instructions. The Moviprep container is divided by 4 marks. Drink the prep solution down to the next mark every 15 minutes until the full 1-liter container is complete.

**Step 2:** 4 hours before arrival time - Repeat **all** of "Step 1" with the second half of prep solution.

## Clenpiq

**This prep must be approved by your procedure physician. DO NOT use if you have Congestive Heart Failure or kidney disease. DO NOT dilute, refrigerate, or freeze this prep.**

**Step 1:** Between 5:00PM - 9:00PM - Drink all of 1 of the 2 bottles. Follow with 5 or more 8oz cups of clear liquid. Finish additional liquids over the next 5 hours.

**Step 2:** 5 hours before arrival time - Drink entire second bottle. Follow with 4 or more 8oz cups of clear liquid.

## Suflave

**If nausea, bloating, or abdominal cramping occurs, pause or slow down the rate of drinking the solution and additional water until the symptoms diminish.**

**Step 1:** 5:00PM - Mix the first bottle of prep solution with water per product instructions. Drink 8 ounces of solution every 15 minutes until the bottle is empty. Drink an additional 16 ounces of water during the evening.

**Step 2:** 5 hours prior to the colonoscopy, but no sooner than 4 hours from starting dose - Repeat **all** of "Step 1" with the second dose.