

Upper 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/upper-eus-preparation/. Questions? Call 614-754-5500 or visit ohiogastro.com. (Do not call the hospital about preparing for your procedure.)

Special Instructions

- If you take **blood thinners or anticoagulants** (like Coumadin, Plavix, Ticlid or Aspirin) contact our office. Your dosage may need to be altered before your procedure can be performed.
- 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.
- If you take **arthritis or anti-inflammatory medicine** stop taking them 48 hours (2 days) before your procedure. These medicines include Motrin, Advil, Nuprin, Ibuprofen, Aleve, Naproxyn, Voltaren, Feldene, and Clinoril. You may take Tylenol. Contact the doctor who prescribed the medicine for exact instructions.

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 must complete pre-admission testing. This testing includes blood work, a medical history review, a physical exam, and sometimes an EKG.

Day Before Your Procedure

- Confirm your responsible adult driver.
- After midnight - DO NOT eat any solid food.** Have only clear liquids (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.

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Prep Instructions Continued

Day of Your Procedure

- For your safety, we recommend you do not smoke or vape, use marijuana, or chew tobacco or use antacids (like Maalox, Pepto Bismol, or Mylanta).
- 6 hours before procedure time** - Take your regularly scheduled medicines with small sips of water.
- 6 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 registration 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/upper-eus-preparation/