

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/. **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. Call us with preparation questions instead of the hospital.

Special Instructions

- If you take a **GLP-1 medicine** (like Ozempic, Wegovy, Mounjaro, or similar), do NOT take it for 7 days before your procedure. Call us if you took any during this time.
- 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 **blood thinner medicine**, keep taking it unless your doctor tells you to stop or change your dose. Small polyps can usually be removed, and biopsies (removing small pieces of tissue to test) can usually be done safely while you are taking blood thinners. If a large polyp is found when you are taking blood thinners, you may need to have the procedure done again when you are no longer taking blood thinners, as directed by your doctor.

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. Our office or the hospital will call you with the date and time. You need to complete this testing between 30 days and 3 days before your procedure.

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Prep Instructions Continued

7 Days Before Your Procedure

- ☐ Buy these items:
 - Prescription for your bowel prep product 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 until after your procedure or otherwise instructed by your doctor.
- ☐ Stop taking iron (including medicines or multivitamins with iron), fiber supplements (like Metamucil, Benefiber, or Fibersure), and herbal supplements until after your procedure or otherwise instructed by your doctor.
- ☐ Stop taking any aspirin products (like B.C. and Goodies) or anti-inflammatory medicines (like Advil, Aleve, Celebrex, Ibuprofen, Motrin, Naproxen, etc.). You can start taking these medicines again 7 days after your procedure unless instructed otherwise by your doctor. It is okay to take Tylenol.

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, creamers, or anything red. DO NOT eat any solid food.
- ☐ Confirm your responsible adult will go with you to your procedure and care for you afterward.
- ☐ **5 p.m.** - Take 2 laxative (Bisacodyl) tablets.
- ☐ **6 p.m.** - Begin "Step 1" of your prescribed bowel prep product. Find the instructions specifically for your prescribed bowel prep product on the last 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.

Continue to the next page. 

Prep Instructions Continued

Day of Your Procedure

- ☐ For your safety, we recommend you do not smoke or vape, use marijuana or illicit drugs, or chew tobacco.
- ☐ Patients meeting our policy requirements must take a urine pregnancy test before procedures.
- ☐ **6 hours before your arrival time** - Begin "Step 2" of your prescribed bowel prep. **You must finish your prescribed bowel prep at least 4 hours before arrival time.** Follow only the instructions for the specific bowel prep product you were prescribed.
- ☐ **After completing "Step 2" and at least 4 hours before arrival time** - Take 2 anti-gas tablets.
- ☐ **At least 4 hours before arrival time** - Take your regular medicines with small sips of water.
- ☐ **4 hours before arrival 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 canceled.**
- ☐ **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/

Bowel Preparation Instructions by Specific Product

Please find your specific bowel prep 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 4 hours before your arrival time. Questions? Call us at 614-754-5500 or visit ohiogastro.com.

GaviLyte-N or equivalent generic 4 L PEG solution

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

Step 2: Drink an 8 oz glass of the prep solution every 15 minutes until you have finished all the prep solution.

Suprep or Plenvu

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

Step 2: 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 p.m. - Open one bottle of 12 tablets. Fill the provided cup with water to the 16 oz 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 16 oz container of water. 30 minutes after finishing the second container of water - Drink a third 16 oz container of water.

Step 2: Repeat **all** of "Step 1" with the other bottle of 12 tablets.

Moviprep 2 L PEG solution

Step 1: At 5 p.m. - 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 you finish the full 1 L container.

Step 2: 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 p.m. and 9 p.m. - Drink all of 1 of the 2 bottles. Follow with at least 5 glasses of 8 fl oz clear liquids. Finish additional liquids over the next 5 hours.

Step 2: Drink the entire second bottle. Follow with at least 4 glasses of 8 fl oz clear liquids.

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 p.m. - Mix the first bottle of prep solution with water per product instructions. Drink 8 fl oz of the solution every 15 minutes until the bottle is empty. Drink an additional 16 fl oz of water.

Step 2: Repeat **all** of "Step 1" with the second dose.