



ISLAND
GASTROENTEROLOGY
CONSULTANTS, P.C.

1111 MONTAUK HIGHWAY, SUITE 3-1
WEST ISLIP, NY 11795
TEL 631-669-1171 FAX 631-669-1912

ENDOSCOPIC ULTRASOUND (EUS)

Your procedure will take place at:

Island Endoscopy Center
1175 Montauk Hwy
Suite #1
West Islip, NY 11795
Arrive 30 min prior

This test is scheduled on:

Date: _____ Time: _____

Please read each page of the following instructions completely and carefully.
Call (631) 669-1171 *immediately* if you are unable to keep this appointment.

Note:

- You may **not** return to work on the day of your exam.
 - Women of childbearing years will be required to provide a urine sample for a pregnancy test.
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When you receive your instructions:

1. **Arrange for a responsible adult to accompany you. He/she must accompany you to and from the procedure. Your driver must present him/herself to the receptionist at the time you check in!** Your exam will be cancelled unless you have a driver. No public transportation will be permitted, unless prior arrangements are made and a responsible adult accompanies you.
2. **Coumadin and Plavix must be stopped 5 days prior to the procedure, if okay with your cardiologist or primary care physician.** You may continue taking Aspirin.
3. **If you are taking diabetic medication and undergoing upper EUS or a rectal EUS with sigmoidoscopy prep, do not take your insulin/oral medication the day of the procedure. If you are undergoing rectal EUS with colonoscopy prep, follow the diabetic instructions included in your prep instructions.**
4. **Stop taking iron supplements 7 days prior to your exam.** You should continue taking your other medications with small sips of water even on the day of your exam.
5. If antibiotics are required for your EUS, they need to be taken as directed by the physician. Generally antibiotics should be taken at 7 AM on the examination day or 2 hours prior to the procedure, depending on the antibiotic prescribed. You will be instructed after your EUS examination if a longer course of antibiotics is indicated if an aspiration biopsy is performed. Failure to take antibiotics prior to your exam may result in cancellation of the procedure.
6. If you use an inhaler, please bring it with you and remember to take it on the day of your procedure.

RAJ MARIWALLA, M.D. RAJIV SAXENA M.D. NOEL D'SILVA M.D. DARIUS SORBI M.D.
WILLIAM DISANTI M.D. UGONNA IROKU M.D. KATHERINE FREEMAN, M.D.



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Risks associated with Endoscopic Ultrasound: *Serious problems with this exam are uncommon; you may discuss all possible problems with your physician. Possible complications include:*

1. Perforation (tear through the wall of the intestine, esophagus, or stomach which may require emergency surgery)
2. Bleeding
3. Infection
4. Allergic reaction to the drugs (slight burning or pain may be experienced during IV sedation which resolves quickly).
5. Pancreatitis, if an aspiration biopsy of the pancreas is done.

Instructions: *Failure to comply the following instructions may result in a repeat exam or cancellation of your exam.*

For Upper EUS:

1. **Do not eat** (or have milk products) **8 hours** prior to your procedure.
2. **Do not drink 6 hours** prior to your procedure.

For Rectal EUS:

Follow the colonoscopy or sigmoidoscopy instructions given to you.

Your physician will decide whether or not full colonoscopy prep is indicated if there is high suspicion that needle aspiration biopsy will be performed. Otherwise, sigmoidoscopy prep may be adequate. If colonoscopy prep is ordered and you are diabetic, pay special attention to the diabetic instructions for colonoscopy. With sigmoidoscopy prep, just hold any insulin/oral diabetic medication that day of your examination.

1. **Do not eat** (or have milk products) **8 hours** prior to your procedure.
2. **Do not drink 6 hours** prior to your procedure.

After your exam:

Discomfort

It is normal to feel bloated. This will last until the air is expelled usually the day after. You may also have a mild sore throat. (Throat lozenges, gargling with warm water and/or non-aspirin pain reliever may help).

Medications

You may resume taking your medicines unless instructed otherwise.

Activity

Rest for the remainder of the day.

Diet

You may resume your usual diet unless instructed otherwise. A light or liquid diet may be better tolerated if you feel very bloated and have gas cramps. If an aspiration biopsy of the pancreas is done, it is absolutely important that remain on a clear liquid diet for the remainder of the day. Failure to follow this may result in severe or life-threatening pancreatitis.

When to seek medical help:

If you experience any of the following symptoms below, call our office at (631) 669-1171 or go to the nearest emergency room.

- Vomiting blood.
- Pass black or very dark stools.
- Neck or Chest pain.
- Constant abdominal pain that is not relieved by expelling air.
- Temperature of 100.4°F or greater.

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