



Department of Gastroenterology
710 Lawrence Expressway
2nd Floor, Dept 240
Santa Clara, Ca 95051
(408) 851-2760

INSTRUCTIONS FOR RECTAL EUS (Endoscopic Ultrasound)

Your appointment is with Dr. _____ on _____ at _____

In Out Patient Procedure Center, **Dept 240** on the **2nd Floor** in the **GREEN AREA**. Please arrive **60 minutes** prior to your appointment and register here.

Sedation is given for the procedure. This procedure is scheduled for 2-3 hours. You will be given a sedative (versed) and a pain relief (fentanyl) by intravenous (I.V.) injection. Therefore, after the procedure you will be drowsy, and will need a driver to take you home. Your driver must be present at the start of your procedure. There will be NO EXCEPTIONS and we thank you in advance.

ONLY IF YOU ARE CURRENTLY TAKING COUMADIN YOU'LL NEED TO STOP IT 5 DAYS PRIOR TO YOUR EXAM. IF YOU HAVE ANY QUESTIONS CALL (408) 851-3939.

Stop seven (7) days prior to your appointment you should discontinue taking iron supplements, baby aspirin, or other arthritis medications such as Motrin, Naprosyn, Aleve, Nuprin, Plavix etc. Tylenol is permitted; however it is very important for you to discuss with your primary doctor any other medication that you are taking including Coumadin, Plavix, Insulin, and diuretics. All patients on blood pressure medications should continue these medications during the preparation and the day of the procedure. Diuretics are the only blood pressure medications that should be stopped the day before and the day of the procedure. ALL PATIENTS WITH RENAL DISEASE, CONGESTIVE HEART FAILURE, AND/OR DIALYSIS PATIENTS SHOULD CONTACT THEIR PHYSICIAN REGARDING THE LAXATIVE TO BE USED.

The entire day before your appointment you will need to stop eating all solid foods and be on a clear liquid diet. In general, clear liquids are anything you can see through. If you cannot see through it, it is not clear. Caffeine and alcohol should be avoided because they will dehydrate you. Only the following items are allowed: water, vegetable broth, chicken broth, bouillon, consommé, white grape juice, apple juice, cranberry juice, 7-up, Sprite, Kool-Aid, Gatorade, jello (yellow, orange, and green only), popsicles, honey, clear or stick candy, mints, and chewing gum.

You will need to purchase (2) 1.5 oz bottles of Fleet Phospho-Soda, Oral Saline Laxative at any pharmacy; this is a non-prescription laxative. Fleet Phospho-Soda is a laxative that will create excessive bowel movements. Do not use a Fleet enema or oil base laxative.

<p>If your appointment is before 11:30am:</p> <p>A. At 3:00 pm the day before your appointment, take 1 bottle 1.5 oz of Fleet Phospho-Soda into a 4 ounce glass of clear liquid water, cranberry juice, 7-up and drink (sip) slowly over 10 to 20 minutes. Most people find that mixing the laxative makes it easier to drink. After drinking the first dose of laxative, drink at least seven (7) eight-ounce glasses of clear liquids. The more you drink, the better the effect.</p> <p>B. At 8:00 pm the evening before your appointment, take the second bottle of 1.5 oz of Fleet Phospho-Soda into a 4 ounce glass of clear liquid water, cranberry juice, 7-up and drink (sip) slowly over 10 to 20 minutes. After drinking the second dose of laxative, drink at least seven (7) eight-ounce glasses of clear liquids. The more you drink, the better the effect.</p> <p>Remember to take your blood pressure medication the day before your appointment and the day of your appointment.</p>	<p>If your appointment is 1:30pm or later:</p> <p>A. At 7:00 pm the evening before your appointment, take 1 bottle 1.5 oz of Fleet Phospho-Soda into a 4 ounce glass of clear liquid water, cranberry juice, 7-up) and drink (sip) slowly over 10 to 20 minutes. Most people find that mixing the laxative makes it easier to drink. After drinking the first dose of laxative, drink at least seven (7) eight-ounce glasses of clear liquids. The more you drink, the better the effect.</p> <p>B. Six hours before your appointment, take the second bottle 1.5 oz of Fleet Phospho-Soda into a 4 ounce glass of clear liquid water, cranberry juice, 7-up and drink (sip) slowly over 10 to 20 minutes. After drinking the second dose of laxative, drink at least seven (7) eight-ounce glasses of clear liquids. The more you drink, the better the effect.</p> <p>Remember to take your blood pressure medication the day before your appointment and the day of your appointment.</p>
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Do not eat or drink anything (including water) 2 hours before your procedure.

If you have any questions or need to cancel or reschedule your appointment, please call (408) 851-2760 Monday through Friday 9 am to 5:00 pm.