LOWER ENDOSCOPIQUE ULTRASOUND INSTRUCTIONS

WHEN:
Your procedure is scheduled for: ______________________  ______________________
DATE ARRIVAL TIME
This time has been set aside for you and your physician – There may be some variation in the actual start time of your procedure

WHERE to GO:
☐ Candler Hospital – first floor of the Professional Office Building, 5354 Reynolds Street
☐ Memorial Health University Medical Center – Center for Advanced Medicine Building – 4700 Waters Avenue
☐ St. Joseph’s Hospital – double doors beside the Emergency Room entrance – 11705 Mercy Boulevard

INSTRUCTIONS:
1. Please allow 1½ to 2 hours for your procedure.
2. Follow the Clear Liquid Diet (next page) starting on the day before your procedure.
3. Purchase two (2) Fleet’s enemas from any drugstore or pharmacy. A prescription is not needed.
4. Take the first Fleet’s enema two (2) hours before you come for your procedure.
5. Take the second Fleet’s enema one (1) hour before you come for your procedure.
6. You should lie on your left side when giving yourself the enemas. To get the best results, try to hold the enema in for as long as possible (i.e., 5 minutes).
7. On the day of your procedure please take your heart, blood pressure, acid reflux and seizure medications that you normally take with a small sip of water.
8. Please stop taking iron and any NSAIDS (nonsteroidal anti-inflammatory drugs) such as aspirin, Celebrex, ibuprofen, naproxen, Toradol, Lodine, Indocin _____ days before your procedure.
9. Please discontinue any herbal supplements and Vitamin E, ____days prior to the procedure.
10. Women of childbearing age (< 50 years old) will have a pregnancy test performed on procedure day.
11. If you are Diabetic – see separate instructions attached
12. If you take any of the following medications, please STOP taking them as directed below:
   ❖ Coumadin - STOP taking _____ days before procedure  ❖ Phentermine- STOP taking _____ days before procedure
   ❖ Plavix- STOP taking _____ days before procedure  ❖ Fragmin- STOP taking _____ days before procedure
   ❖ Xarelto -STOP taking _____ days before procedure  ❖ Effient – STOP taking _____ days before procedure
   ❖ Pradaxa-STOP taking _____ days before procedure  ❖ Eliquis – STOP taking _____ days before procedure

You must bring someone with you to drive you home as you will be sedated and are not allowed to drive for 12 hours after the procedure. Your driver must remain in the building during your procedure or the procedure will be rescheduled.

Have more questions? Call Freida Carter 912/721-6602 or Kristyn Brown 912/721-6635 or Alfreida Martin 912/721-6661; Billing questions – Call 912/354-9447

PLEASE BRING THIS PACKET WITH YOU ON THE DAY OF YOUR PROCEDURE.
CLEAR LIQUID DIET

You **may have** the following:

**Drinks:**
1. Juices (like apple, pineapple, or grape) and any strained citrus juices. None with RED color
2. Hot tea, iced tea and coffee **without cream or milk**
4. Sports drinks (Gatorade and Powerade), orange, blue, pink, purple, green and yellow are o.k. (nothing RED in color)

**Soups:** Clear broth, bouillon, or consommé

**Desserts:**
1. Plain popsicles – NOT the ones with pureed fruit or fiber in them. Nothing RED in color
2. Flavored gelatin (like Jell-O® without fruit). You may also drink gelatin as a warm beverage before it sets. Nothing RED in color

**Other:** Sugar, honey, jelly or syrup

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**DO NOT** have the following:

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<td><strong>X</strong></td>
<td>1. <strong>Do not</strong> eat solid food.</td>
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<td><strong>X</strong></td>
<td>2. <strong>Do not</strong> drink any beverage that you <strong>cannot</strong> see through. Nothing RED in color should be consumed.</td>
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<td>3. <strong>Do not</strong> drink beverages containing alcohol.</td>
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<td>4. <strong>Do not</strong> drink dairy products – like milk, hot chocolate, buttermilk, and cream.</td>
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<td>5. <strong>Do not</strong> consume any non-dairy creamer.</td>
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<td>6. <strong>Do not</strong> drink fruit smoothies, nectars, fruit juices with pulp, or prune juice.</td>
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