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LOWER ENDOSCOPIC ULTRASOUND INSTRUCTIONS

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 Profess	ional Office Building, 5354 Reynolds Street
 Memorial Health University Medical Cente 4700 Waters Avenue 	r – Center for Advanced Medicine Building –
 St. Joseph's Hospital – double doors beside 11705 Mercy Boulevard 	e the Emergency Room entrance –
INSTRUCTIONS:	
1. Please allow 1½ to 2 hours for your procedure.	
2. Follow the Clear Liquid Diet (next page) starting	<u> </u>
3. Purchase two (2) Fleets enemas from any drugstor	· · · · · · · · · · · · · · · · · · ·
4. Take the first Fleet's enema two (2) hours before y	· · · ·
5. Take the second Fleet's enema one (1) hour before	
6. You should lie on your left side when giving yourse	• •
the enema in for as long as possible (i.e., 5 minute	
7. On the day of your procedure please take your hea	
medications that you normally take with a small si	•
8. Please stop taking iron and any NSAIDS (nonste	
Celebrex, ibuprofen, naproxen, Toradol, Lodine, In	
9. Please discontinue any herbal supplements and Vit	· · · · · · · · · · · · · · · · ·
10. Women of childbearing age (< 50 years old) will he	
11. If you are Diabetic – see separate instructions atta 12. If you take any of the following medications, pleas	
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Coumadin - STOP taking days before procedure	Phentermine- STOP taking days before procedure
NOTE OF TANK A STATE OF THE STA	Fragmin- STOP taking days before procedure
 Plavix- STOP taking days before procedure 	
 Plavix- STOP taking days before procedure Xarelto -STOP taking days before procedure Pradaxa-STOP taking days before procedure 	 Effient – STOP taking days before procedure Eliquis – STOP taking days before procedure

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
- 3. Soft drinks like ginger ale, lemon-lime soda, club soda, cola, diet cola and root beer.
- 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

DO NOT have the following:

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