

# ☐ Lower GI Tract EUS

## ☐ Sigmoidoscopy

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Date			
5 DAYS PRIOR: General Instructions	5 DAYS PRIOR: Medical Instructions	1 DAY PRIOR: Preparation Day Instructions	PROCEDURE DATE: Day of procedure Instructions
<p>Last chance to cancel appointment or you will be charged a <b>NO SHOW FEE</b> of \$250.</p> <p>Check with insurance in advance to see if you need a referral or pre-approval for your procedure.</p> <p>Please leave jewelry, money, and other valuables at home.</p> <p>If you have an ostomy, we recommend bringing extra ostomy supplies with you.</p> <p>If you have an electronic stimulator, bring your wand/device to turn off your stimulator.</p> <p>Secure a <b>driver</b> for the procedure day, as it is unsafe to drive for 12 hours after the procedure.</p> <p><b>Medication Supply (All OTCs):</b> MiraLAX (OTC), 238gm (14 dose) bottle 32oz Bottle of Gatorade (yellow or original only/no other colors) Two (2) Bisacodyl Laxative tablets 5mg One (1) Bisacodyl Suppository One (1) Fleet Enema.</p>	<p><b>Stop</b> _____ <b>For</b> _____ days before procedure.</p> <p>Stop taking Phentermine, oil supplements, oil capsules, and iron pills.</p> <p>If you are diabetic or if you're taking blood thinners and you did not receive specific instructions regarding your medications, please call the office. Blood thinners include Coumadin, Warfarin, Effient, Plavix, Pradaxa or Xarelto, etc.</p> <p>If you have implantable cardiology devices (defibrillator or pacemaker), notify the office as a device clearance is needed from your cardiologist.</p> <p><b>For EUS Patients only:</b> If you had <b>any GI-related radiology studies done outside Providence Hospital in Everett</b> (CT, Ultrasound, or MRI), please request and obtain the radiology images on a CD. Bring it with you to the EUS appointment.</p>	<p><b>Entire Day:</b> Clear liquid diet only (no solids foods!): clear fruit juice without pulp such as apple juice, white grape juice, broth, Gatorade (No Gatorade Frost), popsicles, coffee or tea without cream. Small amount of Jell-O is OK. No milk, red, blue, or purple colors.</p> <p><b>If you take diabetic medication(s):</b> Refer to the instruction sheet "Colonoscopy Patients with Diabetes", which also applies to patients scheduled to have lower EUS and sigmoidoscopy.</p> <p><b>4 PM:</b> Mix 1<sup>st</sup> entire 238gm (14 dose) bottle of MiraLax together with entire 32oz bottle of Gatorade. Drink one 8oz glass every 20 minutes as tolerated. Finish 4 glasses until it is gone.</p> <p><b>7 PM:</b> Take 2 <b>Bisacodyl Laxative tablets 5mg</b> with a large glass of water.</p> <p><b>10 PM:</b> Insert 1 <b>Bisacodyl Suppository</b> into your rectum. Retain as long as comfort allows, usually 10-15 minutes</p> <p><b>Night:</b> Nothing to eat or drink except water after midnight.</p>	<p><b>FOUR HOURS</b> before you leave home, give yourself one (1) Fleet <b>Enema</b> per rectum.</p> <p>Early morning: take your <b>usual prescribed medication</b> except for blood thinners, insulin or oral diabetic medication, unless told otherwise by your doctor.</p> <p>OK to continue clear liquid diet.</p> <p><b>FOUR HOURS PRIOR TO YOUR CHECK IN TIME ABSOLUTELY NOTHING BY MOUTH (e.g. gum, hard candy, chewing tobacco, water, etc.).</b></p> <p><b>AGAIN, be sure to bring:</b></p> <ul style="list-style-type: none"> <li>• Medication List</li> <li>• A driver</li> <li>• Photo ID/Insurance Card</li> <li>• Eyeglasses/Hearing Aids</li> </ul> <p>Allow 4-6 hours for your EUS procedure and recovery.</p> <p>You <b>CANNOT</b> drink alcohol or drive for 12 hours after the test.</p>