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INSTRUCTIONS FOR ENDOSCOPIC ULTRASONOGRAPHY (EUS)

Patient Name: _____ Procedure Facility: _____

Procedure Date: _____ Estimate Arrival Time: _____

Facility: NorthWest Medical Center Phone: (954) 974-0400

Follow up Appointment: Date: _____ Time: _____
_____Coral Springs office _____Lighthouse Point Office

CHECK LIST

Please contact our office immediately if you have any questions or concerns about the procedure.

Please answer the following questions:

- Do you take any medication in the morning?
 - Yes, please ask our procedure coordinator which medication to hold and which one to take the morning of the procedure.
 - No, please start your preparation as instructed.
- Are you on Blood thinner?
 - Yes, please let us know immediately before your procedure. Approval must be obtained prior to stop taking the medication.
 - No, please start your preparation as instructed.
- Marijuana, alcohol and/or substance use?
 - Yes, please do not use it on the day of the procedure.
 - No, please start your preparation as instructed.
- Are you taking Ozempic, Wegovy, Mounjaro, Rybelsus and or other Glucagon like peptide-1 (GLP1)
 - Yes, please let us know immediately before your procedure. Approval must be obtained prior to stopping taking the medication. For patient that is currently on GLP1, patient is recommended to have light lunch the date before the procedure and no dinner.
 - No, please start your preparation as instructed.
- Do you currently have any cardiac, pulmonary and/or blood clotting disorder?
 - Yes, please let us know immediately before your procedure. Approval must be obtained prior to the procedure.
 - No, please start your preparation as instructed.

5340 N Federal hwy., suite 110
Lighthouse Point, Florida 33064
Phone: 954-428-2480
Fax: 954-428-2904

1500 N University Drive Ste 100
Coral Springs, Florida 33071
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What is EUS?

Endoscopic ultrasonography (EUS) allows your doctor to examine your esophageal and stomach linings as well as the walls of your upper and lower gastrointestinal tract. The upper tract consists of the esophagus, stomach and duodenum; the lower tract includes your colon and rectum. EUS is also used to study other organs that are near the gastrointestinal tract, including the lungs, liver, gall bladder and pancreas.

Endoscopists are highly trained specialists who welcome your questions regarding their credentials, training and experience. Your endoscopist will use a thin, flexible tube called an endoscope that has a built-in miniature ultrasound probe. Your doctor will pass the endoscope through your mouth or anus to the area to be examined. Your doctor then will use the ultrasound to use sound waves to create visual images of the digestive tract.

Five to Seven Days before Your Procedure

- Do **NOT** take any aspirin, products containing aspirin, non-steroidal anti-inflammatory/NSAIDS (e.g. Aleve, Motrin, ibuprofen, naproxen), COX-2 Inhibitors (e.g. Celebrex), Pentoxifylline (Trental), Nabumetone (Relafen)
- Do **NOT** take iron supplements, vitamins or herbal supplements.
- Do **NOT** take clopidogril (Plavix), dipyridamole (Aggrenox, Persantine), or warfarin (Couinadin).

If you cannot stop taking these medications, please discuss this with your provider.

- Note: Acetaminophen products (e.g. Tylenol) are safe to use before your procedure.
- Arrange for transportation as you will not be allowed to drive after the procedure.

DAY OF EUS

- Do **NOT** eat or drink anything after midnight (minimum of 8 hours before your procedure). If you must take your medication, you may take it with a few small sips of water.
- If you are **DIABETIC**, do not take your medication the morning of the procedure. If you must take your medication, take only half of your regular dose. Continue to check your blood sugars as you normally do.
- You may brush your teeth.
- Please arrive at the facility on time.
- You should not wear jewelry to the procedure.
- You will not be allowed to drive home. You may have a relative or friend drive you home. You may also go home in a taxi or by bus and must always be accompanied even upon arrival home.

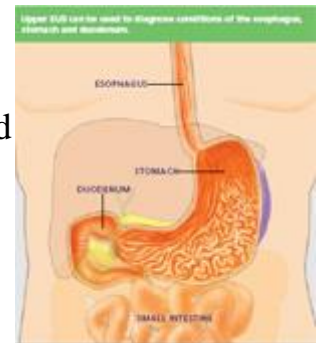
What are the possible complications of EUS?

Although complications can occur, they are rare when doctors with specialized training and experience perform the EUS examination. Bleeding might occur at a biopsy site, but it's usually minimal and rarely requires follow-up. You might have a slight sore throat for a day or so.

Nonprescription anesthetic type throat lozenges help soothe a sore throat.

Other potential but uncommon risks of EUS include a reaction to the sedatives used, aspiration of stomach contents into your lungs, infection, and complications from heart or lung diseases. One major but very uncommon complication of EUS is perforation. This is a tear through the lining of the intestine that might require surgery to repair.

The possibility of complications increases slightly if a needle biopsy is performed during the EUS examination, including an increased risk of pancreatitis or infection. These risks must be balanced against the potential benefits of the procedure and the risks of alternative approaches to the condition.



Please ensure you have a follow up appointment to discuss the test results with your provider. Feel free to call our office with any questions or concerns. Good luck!

A minimum of 48 hours notice is required for cancellations for all procedures and office visits.

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Why is EUS done?

EUS provides your doctor with more information than other imaging tests by providing detailed images of your digestive tract. Your doctor can use EUS to diagnose certain conditions that may cause abdominal pain or abnormal weight loss.

EUS is also used to evaluate known abnormalities, including lumps or lesions, which were detected at a prior endoscopy or were seen on x-ray tests, such as a computed tomography (CT) scan. EUS provides a detailed image of the lump or lesion, which can help your doctor determine its origin and help treatment decisions. EUS can be used to diagnose diseases of the pancreas, bile duct and gallbladder when other tests are inconclusive or conflicting.



Why is EUS used for patients with cancer?

EUS helps your doctor determine the extent of spread of certain cancers of the digestive and respiratory systems. EUS allows your doctor to accurately assess the cancer's depth and whether it has spread to adjacent lymph glands or nearby vital structures, such as major blood vessels. In some patients, EUS can be used to obtain a needle biopsy of a lump or lesion to help your doctor determine the proper treatment.

What can I expect during EUS?

Practices vary among doctors, but for an EUS examination of the upper gastrointestinal tract, some endoscopists spray your throat with a local anesthetic before the test begins. Most often you will receive sedatives intravenously to help you relax. You will most likely begin by lying on your left side. After you receive sedatives, your endoscopist will pass the ultrasound endoscope through your mouth, esophagus and stomach into the duodenum. The instrument does not interfere with your ability to breathe. The actual examination generally takes less than 60 minutes. Many do not recall the procedure. Most patients consider it only slightly uncomfortable, and many fall asleep during it.

An EUS examination of the lower gastrointestinal tract can often be performed safely and comfortably without medications, but you'll receive a sedative if the examination will be prolonged or if the doctor will examine a significant distance into the colon. You will start by lying on your left side with your back toward the doctor. Most EUS examinations of the rectum generally take less than 45 minutes. You should know that if a needle biopsy of a lesion or drainage of a cyst is performed during the EUS, then the procedure will be longer and may take up to two hours.