Upper EUS: Endoscopic Ultrasonography

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UPPER ENDOSCOPIC ULTRASONOGRAPHY INSTRUCTIONS

READ ALL INSTRUCTIONS A WEEK BEFORE YOUR PROCEDURE

If you start blood thinner or weight loss medications after scheduling your procedure or have questions, please call our office at 303-788-8888.

7 OR MORE DAYS BEFORE THE UPPER EUS

- Arrange for a licensed driver, at least 18 years of age. Your procedure will be cancelled if you do not have a ride. If you need a ride, call **Andy's House Services (Preferred): 720-420-9095**, or see our Transportation Services list.
- If you take **BLOOD THINNERS** we will obtain authorization from your prescribing doctor for you to hold them. We will call you with specific instructions. If we have not called you at this time, please call our office immediately.
- If you take **Warfarin, Coumadin, or Jantoven**, you must have your **PT/INR** checked the day before your procedure. We will give you specific instructions for this test.
- Take your heart and blood pressure medications as close to your regular schedule as possible. If you are scheduled to take them within the 2 hours prior to the scheduled procedure time, please take them earlier than the 2 hours and with only a small amount of water.
- If you are scheduled to have anesthesia, the

anesthesiologist may contact you to review your medical history, medications and allergies. **Tell us now if you are allergic to soy, peanuts or egg yolks.**

- Diabetes medications: We ask that GLP-1 medications be held for ONE dose. Please contact your prescribing provider's office for specific instructions.
- If you monitor your blood sugar continue to do this at your usual times.
- If you take a prescription type weight loss medication such as **Phentermine** you must hold it for 7 days before the procedure, because of possible adverse drug interactions with the anesthetic medications.
- **DO NOT STOP** Contrave or Naltrexone.
- If you use inhalers for asthma bring them with you.
- Using the list below, plan for the clear liquids you may drink before your EUS.
- Sedation: Conscious (goal is to keep you comfortable / you may or may not sleep) OR: Anesthesia/MAC (you will sleep) Both may leave you feeling groggy, dizzy, sleepy, nauseous. Vomiting may occur.

1 DAY BEFORE THE UPPER EUS

- **CONFIRM** your arrangements with a licensed driver, who is at least 18 years of age and can stay on the premises.
- **NO SOLID FOOD AFTER 11PM THE NIGHT BEFORE YOUR EUS.**
- It is important for the stomach to be empty so the physician can see the entire area and to prevent the possibility of vomiting during the procedure.

THE DAY OF THE UPPER EUS

- **YOU MAY HAVE CLEAR LIQUIDS FROM THIS LIST UNTIL 4 (FOUR) HOURS BEFORE THE PROCEDURE:**
    - Clear broth (chicken, vegetable or beef bouillon)

- Broth or consommé
- Tea
- Coffee (No cream, milk or non-dairy creamer)
- Kool-Aid (No red or purple)
- Gatorade/PowerAde
- White cranberry juice

- Apple Juice
- Lemonade/ Limeade
- Italian Ices / Popsicles

- Jell-O
- Hard candy
- **YOU MAY NOT HAVE** anything red or purple, milk, milk products, non-dairy creamers, juices with pulp, nectar or alcoholic beverages.

- **STOP ALL LIQUIDS INCLUDING WATER 4 (FOUR) HOURS PRIOR TO YOUR PROCEDURE**
- **ONLY EXCEPTION**: Take heart, blood pressure, anti-seizure medications with small sips of water at the time you normally would.
- If you are a **DIABETIC** and monitor your blood sugar, please check it before you leave for the procedure.
- Wear comfortable, loose clothing with short sleeves, low heeled shoes and socks.

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For Office Visits

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Aspen Building – Suite # 312A

10103 Ridge Gate Parkway

Lone Tree, CO 80124

For Procedures

Ridge View Endoscopy Center

Aspen Building – Suite # 312B

10103 Ridge Gate Parkway

Lone Tree, CO 80124

For Hospital Check In

Main Hospital Admissions Desk

10101 Ridge Gate Parkway

Lone Tree, CO 80124

Swedish Medical Center



For Office Visits

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499 E Hampden Avenue Suite # 420

Englewood, CO 80113

For Procedures

South Denver Endoscopy Center

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Englewood, CO 80113

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Main Hospital Admissions Desk

501 E Hampden Avenue

Englewood, CO 80113

Parker Adventist Hospital



For Office Visits

South Denver Gastroenterology

Alpine Building – Suite # 411

9397 Crown Crest Blvd

Parker, CO 80138

For Hospital Check In

Main Hospital Admissions Desk

9395 Crown Crest Blvd

Parker, CO 80138