

# Lower Endoscopic Ultrasound (EUS)

Review this information well in advance of your procedure date.

If you have any questions or need to reschedule, call your doctor's office (as written below).

Patient Name: \_\_\_\_\_ is booked for a **Lower EUS** with

Dr. \_\_\_\_\_, Office# \_\_\_\_\_

on \_\_\_\_\_ . Arrive at \_\_\_\_\_ in the  
(mmm/dd/yyyy) (time)

**Admitting Department / Registration & Information Services** of the:  
Pasqua Hospital  
4101 Dewdney Avenue  
Regina, Saskatchewan  
(306) 766-2441

An endoscopic ultrasound is an examination done with a flexible tube called an endoscope that has a built in ultrasound probe. Ultrasound allows the gastroenterologist (doctor who specializes in conditions or diseases of the gastrointestinal [GI] tract) to look inside the tissue. By doing this they can examine the lining, muscles, and other layers of your lower GI tract, as well as nearby structures including the prostate and bladder, for abnormalities.

## Preparation

- Your gastroenterologist has given you a bowel preparation sheet. It is **VERY IMPORTANT** that you read and follow these instructions, **do not** follow the instructions that come with your bowel prep. If your bowel prep is poor, your procedure may have to be rescheduled and repeated.
- If you have diabetes and need help managing your diet, call MEDEC at (306) 766-4540.
- **If you have a pacemaker or ICD**, you **MUST** call your gastroenterologist's office and tell them as soon as you are given a procedure date.
- Continue on your regular medications, **EXCEPT** for blood thinners and diabetes medications, and take them with a small sip of water the morning of your procedure, unless otherwise instructed by your doctor.
- **If you are on medications that thin the blood** (anticoagulants, antiplatelets, or non-steroidal anti-inflammatories (NSAIDs), tell your gastroenterologist **BEFORE** your procedure date. These medications may need to be adjusted or temporarily discontinued before your procedure.
- **If you have diabetes**, do not take your insulin or diabetes medication the morning of your procedure. Test your blood sugar and record the result to give to the nurse that admits you.
- **If you have sleep apnea and use a CPAP**, bring your machine with you to the hospital.
- If you have any disabilities or need assistance, you must have a responsible person accompany you.

## Preparation (Continued)

- Bring a list of your current medications to the hospital with you.
- The GI Unit (3C) is a scent free environment, **do not** wear any fragrances.
- Leave all jewelry, including body piercings, and valuables at home.
- **Do not** drink alcohol for 24 hours before your procedure.
- You may be given sedation (medication to help you relax) for this procedure. If so, **you WILL NOT be able to drive for 24 hours following your procedure**. It is important you make prior arrangements for someone to pick you up from the unit. Your procedure may be cancelled if you do not have a ride home.

## What to Expect

- The time you are asked to arrive in the admitting department is **NOT** your procedure time. **You may be required to wait several hours** after you have been admitted.
- Your nurse asks you questions about your health history, takes your vital signs, explains the procedure, and answers your questions.
- If you are having sedation, an intravenous (IV) is inserted.
- You are moved to the procedure room where your gastroenterologist talks to you about the procedure, reviews your history, and has you sign a consent form for the procedure, if you have not already done so.
- The nurses assist you into position on your left side and administer sedation, if required.
- The procedure takes approximately 15 to 30 minutes.
- Complications are extremely rare but can occur. Your doctor discusses these with you.

## After Your Procedure

- You are moved to the recovery area of the unit.
- If you have had sedation, your nurse monitors your pulse, blood pressure, and oxygen level for approximately 1 hour.
- You may feel cramping and bloating after your EUS. This is due to the air placed in your bowel during the procedure. Once you pass this air, you will feel more comfortable.
- Once you have fully recovered, the nurse will call your ride. They must come **up to the GI Unit (3C)** to pick you, they will not be able to meet you at the front doors.
- Your nurse reviews and gives you written instructions to take home.