



ENDOSCOPIC ULTRASOUND WITH OR WITHOUT FNA

Read these instructions at least a week before you come for your procedure.

WHAT IS EUS?

This is a test that uses ultrasound waves. It allows the doctor to see the depth of unusual areas of tissue much better than typical exams. A small flexible tube is used to examine the area.

WHAT IS FNA (FINE NEEDLE ASPIRATION)?

This means that a very small needle will be inserted through the flexible tube to sample cells in the unusual area of the esophagus (food pipe), stomach, lungs, bowel or pancreas noticed in previous tests or x-rays. You will not feel the needle when the sample is taken.

HOW DO I GET READY?

One week before the exam:

- Do not take Aspirin, Advil, Ecotrin, Bufferin, Nuprin, Excedrin, Aleve and/or Ibuprofen for 7 days before your exam. Tylenol (acetaminophen), Celebrex, and Mobic are fine to take.
- If you use blood thinners Coumadin (Warfarin) or Plavix, contact your doctor about stopping it for 5-7 days.
- If you are a diabetic, contact your doctor about adjusting the dose of insulin or blood sugar pills the day of the exam.

Day of the exam:

- **Do not have any solid foods or milk products after midnight.** Your doctor may give you additional prep instructions if the test is to be done in the colon.
- **You may have clear liquids until 4 hours before your exam, then nothing at all until after your exam.** Clear liquids (not colored red or purple) include water, soda, broth, bouillon, coffee, tea, Kool-Aid, clear juices, Gatorade, Jello, and popsicles.
- You may take your blood pressure medicine and any heart medicines with a sip of water.
- **Bring someone with you to drive you home.** You will be given sedatives during the exam and you will not be allowed to drive the rest of the day. However, please limit the number of people you bring with you to our waiting room. If you do not have a driver, your exam may be cancelled or rescheduled.
- **Bring a list of current medications and medication allergies with you.**
- **Arrive at the hospital one hour before your appointment** to allow for parking and registration in our department.

REGISTRATION

- When you arrive at the hospital walk through the main entrance and ask the hospital receptionist to direct you to the Digestive Health Center. (over)

- Enter our waiting room and check in at the reception desk.
- After check-in you will be called to register.
- After registration, you will be called to the procedure area.
- Please keep in mind that appointments are approximate times. If a delay occurs, we will do our best to update you.

WHAT WILL HAPPEN DURING THE EXAM?

- A physician will explain the benefits and risks of the exam and ask you to sign a consent form giving the doctor permission to do the test. Ask him/her any questions you might have.
- A nurse will place an IV needle in your arm to give you any medicines and intravenous fluids you may need during the test. You will be given sedation through the IV to help you relax.
- If you are also going to have an FNA done, you may be given antibiotics before the test.
- Your blood pressure, pulse and oxygen level will be checked throughout the procedure.
- For an ultrasound of the upper digestive tract, you will be given a numbing medication to gargle to reduce your tendency to gag. A bite block will be put in your mouth to prevent biting on the scope. You will be asked to lie down on your left side. This will not interfere with your breathing. Your stomach may feel bloated or full during the exam.

WHAT HAPPENS AFTER THE EXAM?

- You will be taken to our Recovery Room to rest and sleep off the effects of your sedatives.
- Your blood pressure, pulse and oxygen level will be checked until you are fully awake.
- If you gargled numbing medication, your throat may feel scratchy or numb for a short while. After you have tested your swallowing with a sip of water and there is no problem, you may eat and drink normally. Your IV will be removed.
- You will be given discharge instructions and the doctor will discuss the results of your test with you. Those results will be sent to the physician who referred you for the exam.
- If you have severe pain, shortness of breath, fever, vomit blood, rectal bleeding or cough up more than a teaspoon of blood, call **(434) 982-0221**, or the hospital operator **(434) 924-0000** and ask for the GI doctor on-call or go to your local emergency room.

If you have any questions about the exam or the preparation, please call the endoscopy coordinator at **(434) 243-6346**. To cancel or reschedule your test please call **(434) 924-9999**.

The Digestive Health Center of Excellence (DHCoE) is nationally recognized for diagnosis and treatment of gastrointestinal diseases. As our patient, you will receive the best possible care by caring physicians and health care professionals.