

ENDOSCOPIC ULTRASOUND (EUS) PREPARATION INSTRUCTIONS

Read and follow all instructions carefully

PREPARATION FOR YOUR PROCEDURE

- **Continue all aspirin and anti-inflammatory medications** including ibuprofen, Motrin, Aleve, naproxen, Naprosyn, sulindac, piroxicam, Feldene, indomethacin, diclofenac, and Voltaren. Tylenol (acetaminophen) is also safe to continue.
- **If you take a prescribed blood thinner you will need holding instructions from our office.**
- Arrange to have a driver take you home after the procedure. You will not be allowed to drive after receiving sedation.
- **If you have diabetes or are taking medications for weight loss, use the following instructions:**
 - Fasting (going without food) is required for this procedure, monitor your blood sugar and follow these directions
 - **GLP-1 - STOP 7 days prior to your procedure.** (ex: Ozempic, Wegovy, Mounjaro, Zepbound, Trulicity, Semaglutide, Tirzepatide)
 - **SGLT2 - Stop 3 days prior to procedure** (ex: Jardiance, Farxiga, Invokana, Steglatro, Brenzavvy, Glyxambi, Synjardy, Xigduo, Qtern)
 - Other oral diabetic medication: do not take the morning of your procedure.
 - Insulin Pump: Leave on, if you have questions refer to your endocrinologist.
 - Long-acting Insulin: half dose the evening before procedure. Do not take the morning of your procedure.
 - Short-acting insulin: dose as necessary with blood sugar monitoring.
 - Oral diabetic medication: do not take the morning of your procedure.
 - If you are concerned about your blood sugar dropping, consider purchasing glucose tablets.

**CALL MON-FRI 8 AM – 5 PM
OR CALL OUR AFTER HOURS NUMBER**

Main Office and After Hours (208) 343-6458

THE DAY OF THE PROCEDURE

- **8 hours prior to the procedure, BEGIN A CLEAR LIQUID DIET. Do not eat any solid foods.** You may consume clear fluids including juice (apple, grape, strained orange, strained lemonade), tea, coffee (no milk or creamer), soft drinks, sports drinks (Gatorade, Powerade), clear broth or bouillon, Jell-O, and Popsicles.
- **4 hours prior to your procedure, STOP ALL LIQUIDS.. This also means NO water other than to take your medications – this is very important. Drinking less than 4 hours before your procedure may result in delay or cancellation of your procedure**
- Take your usual prescribed medications with small sips of water.
- Dentures will be removed prior to the procedure, please **DO NOT** use denture adhesive.
- Please bring a list of your current medications and correct dosage to your appointment.
- **NO DRIVING** – Because of the sedatives that you will be given **you cannot drive for the remainder of the day.** You need to have a responsible driver to take you home after your procedure. If your driver wishes to discuss the results of your procedure with the doctor, please have them accompany you to your procedure and **remain on site**. We do not recommend Uber, Lyft, or taking a taxi – these are not acceptable forms of transportation post-sedation.
- You will be sedated for your procedure. **Please avoid alcohol and making legal decisions for the remainder of the day after your procedure.**

You are scheduled with Dr. _____

Report at _____ on _____ to:

St. Luke's Boise Regional Medical Center (Patient Registration), 190 E. Bannock St., Boise

HELPFUL TIPS

- **STOP GLP-1 medications 7 days prior to your procedure**
- **STOP SGLT2 medications 3 days prior to procedure**
- Clear liquids only 8 hours prior to your exam – that means no solid food – liquids **only**.

- PLEASE do not drink water or anything while driving to your appointment or waiting for your appointment – we need your stomach empty to safely use sedation.
 - You may not remember your conversation with your doctor after your procedure – we STRONGLY recommend your driver stays IN our facility to speak with the doctor after your test.
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- ❖ **Bring all insurance cards and a photo ID with you. Please check with your insurance company regarding prior-authorization.**
 - ❖ **You will be asked to arrive 2 hours prior to your procedure time. A responsible driver is required to drive you home or your procedure will be cancelled.**
 - ❖ **You can anticipate a minimum of 4 hours from the time of your arrival until discharge.**