

## PATIENT EDUCATION

# Preparation Instructions: Upper Endoscopic Ultrasound (EUS)

It is very important to follow all the instructions to prepare for your EUS. Your stomach must be empty, so the provider can see during the EUS.

### Preparing for the EUS

- The day before your EUS, you will need to start preparing your stomach.
- Please follow all instructions carefully. If you do not follow the directions properly, then your EUS may be canceled.

### Medication information

Some of the medicines you take may need to be stopped or adjusted temporarily before your EUS.

- Blood thinners
  - Such as Coumadin (warfarin), Ticlid (ticlopidine hydrochloride), Agrylin (anagrelide), Xarelto (Rivaroxaban), Pradaxa (Dabigatran), Pletal (Cilostazol), Brillinta (Ticagrelor), Eliquis (Apixaban), Effient (Prasugrel), Plavix (Clopidogrel), and adult Aspirin **325 mg**. If you are on an anticoagulant or antiplatelet not listed here, please notify the gastrointestinal team as soon as possible.
  - You must speak with your prescribing provider or the specialist at least 2 weeks before the scheduled procedure. Do not stop these medications without the consent of your provider.
- Aspirin **81 mg** (baby)
  - You may take your Aspirin 81 mg as prescribed with a sip of water.
- Insulin and diabetes medications
  - Please call the provider that monitors your glucose levels. Your medications may need to be adjusted due to the diet restrictions required for the procedure. Do not stop these medications without the consent of your provider.
- Glucagon-Like Peptide-1 (GLP-1 Agonist)
  - Such as Byetta (Exenatide), Saxenda (Liraglutide), Victoza (Liraglutide), Wegovy (Semaglutide), Trulicity (Dulaglutide), Bydureon (Exenatide), Mounjaro (Tirzepatide), or Rybelsus (Semaglutide).
  - You must speak with your prescribing provider or the specialist at least 2 weeks before the scheduled procedure. Do not stop these medications without the consent of your provider.

### The day of your EUS

- Remember, your stomach must be empty of solids so that your provider can have a clear view of the area.
- You may have solid foods until eight hours before your check-in time.
- You may drink clear liquids until two hours before your check-in time.
- A clear liquid diet includes:
  - Water, black coffee, or tea (no milk or cream), clear broth or bouillon, Gatorade, carbonated or non-carbonated soft drinks (Coke, Sprite), strained fruit juices without pulp (apple, white grape, white cranberry), Jell-O, and popsicles. **Remember, NO RED OR PURPLE LIQUIDS.**
- Avoid red or purple liquids, dairy products, protein shakes, alcoholic beverages, chewing tobacco, and illicit drugs. The use of these will result in your EUS being canceled.
- You may take your medications as directed with a sip of water.

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### Notes / Other Instructions: