



## Getting Ready for your Endoscopy: EUS Instructions

**Physicians Name:** \_\_\_\_\_

**Procedure Date:** \_\_\_\_\_

**The time of your endoscopy will be given to you 48 hours before your endoscopy appointment.**

### Your Endoscopy Location:

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> <b>David H Koch Building<br/>Endoscopy Center</b><br>1283 York Avenue, 8 <sup>th</sup> Floor<br>New York, NY 10065 | <input type="checkbox"/> <b>New York Presbyterian Hospital</b><br>Central Endoscopy Suite<br>525 East 68 <sup>th</sup> Street, 2 <sup>nd</sup> Floor<br>Greenberg Pavilion<br>New York, NY 10065 | <input type="checkbox"/> <b>Lower Manhattan Hospital<br/>Endoscopy Suite</b><br>170 William Street,<br>2 <sup>nd</sup> Floor<br>New York, NY 10028 |
|---|--|--|

### **CANCELLATIONS**

Scheduling your endoscopy requires careful planning between the staff, doctors, and hospital. To help avoid delays, it is important that you follow the "Getting Ready for Your Endoscopy" guide and schedule.

If you must reschedule or cancel, please call us at least 3 days before your endoscopy at 646-962-4000 or email us at [endoscopyquestions@med.cornell.edu](mailto:endoscopyquestions@med.cornell.edu).

## What is an Endoscopic Ultrasound?

An Endoscopic Ultrasound Procedure is a medical procedure that combines regular endoscopy with ultrasound to obtain images of the internal organs of the gastrointestinal system (esophagus, stomach, duodenum, pancreas, hepato-biliary system, pancreas, and colon). A small, flexible tube with a camera is placed through the mouth, down the esophagus, and into the stomach and small intestine. If any abnormalities are observed, your physician may take a sample of tissue, called a *biopsy*, for analysis. You will receive a sedative to make you asleep and comfortable before the procedure begins.

## How To Contact Us

- If you have questions about your endoscopy or preparation, call 646-962-4000 Monday-Friday (excluding holidays) 9:00 a.m. – 5:00 p.m.
- If you are calling Monday-Friday after 5:00 p.m., during the weekend, or on a holiday, an on-call doctor will return your call. If not urgent, they will call you back the next day.
- If you need to reschedule your endoscopy for any reason, please call 646-962-4000.
- If you need medical help urgently, call **911** or go to the nearest **Emergency Room**.

## GETTING READY FOR YOUR ENDOSCOPY

As soon as you get a date for your endoscopy you need to (see all the details below):

- A. Review Important Cardiac Clearance Information
- B. Review Important Medicine Information

10-days before your endoscopy:

- A. Send us Cardiac Clearance information if it applies to you
- B. Follow Important Medicine Information guidelines if they apply to you

5-days before your endoscopy:

- A. Start to Follow Your Endoscopy Preparation Instructions

Day of your endoscopy:

**You must have someone who is 18 years or older pick you up and accompany you home after your endoscopy.**

The endoscopy cannot begin until you confirm your plan with our staff. If you are not able to confirm your plan we will need to cancel your endoscopy.

We estimate that you should be ready to be picked up approximately 1 ½ to 2 hours from your scheduled endoscopy time.

If you don't have anyone to escort you home, please let us know and we can provide you with information on service agencies that will accompany you (at cost).



### A. IMPORTANT CARDIAC CLEARANCE INFORMATION

If you have a cardiac defibrillator (AICD) or a permanent pacemaker (PPM) or any current cardiac problems we need a letter from your cardiologist at least **1 week before your endoscopy**.

Cardiac problems include any history of heart attack, chest pain, difficulty breathing or fainting episodes.

If you have:

Permanent Pacemaker (PPM)	We need an interrogation report <b>within 12 months</b>
Cardiac Defibrillator (AICD)	We need an interrogation report <b>within 6 months</b>



## B. IMPORTANT MEDICINE INFORMATION

### BLOOD THINNERS (ANTI-PLATELET MEDICINES)

If you take blood thinners, **ask your doctor who prescribed these for you if you should stop taking them before your endoscopy.**

If your doctor does not want you to stop taking your blood thinners before your endoscopy, please call our office.

*Commonly prescribed medications:*

warfarin (Coumadin®)	apixaban (Eliquis®)
dalteparin (Fragmin®)	rivaroxaban (Xarelto®)
tinzaparin (Innohep®)	prasugrel (Effient®)
enoxaparin (Lovenox®)	ticagrelor (Brilinta®)
clopidogrel (Plavix®)	edoxaban (Savaysa®)
cilostazol (Pletal®)	heparin
dabigatran (Pradaxa®)	

### DO NOT STOP YOUR ASPIRIN UNLESS YOUR DOCTOR TELLS YOU TO DO SO

### DIABETIC OR WEIGHT LOSS MEDICATIONS

If you take:	Do this:
<b>Insulin or oral hypoglycemic pills</b>	<b>Check with your</b> doctor who prescribed these for you as soon as possible for instructions on how to manage these medications before your endoscopy
<b>SLGT2 inhibitors</b> - Ertugliflozin (Steglatro), Canagliflozin (Invokana), Empagliflozin (Jardiance), or Dapagliflozin (Farxiga)	<b>Stop</b> taking this medicine <b>three (3) days before</b> your endoscopy
<b>Daily GLP-1 receptor agonist</b> - Liraglutide (Victoza, Saxenda), Exenatide (Byetta), or Semaglutide oral tablet (Rybelsus)	<b>Stop</b> taking this medicine <b>on the same day as</b> your endoscopy. <b>Clear liquid diet the day before your endoscopy.</b>
<b>Weekly GLP-1 receptor agonist</b> - Dulaglutide (Trulicity), Exenatide (Bydureon BCise), Semaglutide injection (Ozempic or Wegovy), or Tirzepatide (Mounjaro, Zepbound)	<b>Stop</b> taking this medicine <b>one (1) week before</b> your endoscopy. <b>Clear liquid diet the day before your endoscopy</b>

### BLOOD PRESSURE MEDICINE

Blood pressure medicines, with the exception of diuretics (water pills), **should be taken as usual** on the day of the endoscopy with a sip of water. **Diuretics should not be taken on the morning of the endoscopy.**

## C. EATING BEFORE YOUR ENDOSCOPIC ULTRASOUND

### One (1) Day Before Your Exam:

- You may eat your regular breakfast, lunch, and dinner the day before your exam. However, if you have gastroparesis or take a GLP-1 receptor agonist such as Semaglutide (Rybelsus, Ozempic or Wegovy), Liraglutide (Victoza or Saxenda), Exenatide (Byetta), Dulaglutide (Trulicity), Exenatide (Bydureon BCise) or Tirzepatide (Mounjaro, Zepbound) you must be on a clear liquid diet the day before your exam.

### Day of Your Exam:

- Do not eat anything**
- You may have a small amount of clear liquids until 2 hours before your appointment
- You may take your regular medications, unless instructed otherwise by a doctor, with a small sip of water

### Two (2) Hours Before Your Exam:

- Do not drink or eat anything, including water. This includes mints or candies**
- If you drink or eat anything, your endoscopy will have to be cancelled**

#### Clear Liquid Diet

##### ACCEPTABLE CLEAR LIQUIDS FOR HYDRATING

Water	Ginger ale and other Sodas
Black coffee or tea	Clear juices such as apple or white grape juice
Clear broth or bouillon	Plain Jell-O
Sports drink	Frozen juice popsicle

**LIQUIDS MUST NOT BE RED OR PURPLE. DO NOT CONSUME ANY ALCOHOL, JUICE PULP, MILK, CREAM, SOY OR NON-DAIRY CREAMER, OR OTHER LIQUIDS YOU CANNOT SEE THROUGH UNLESS ON THE LIST ABOVE.**

**You can buy these as needed from the Grocery Store**

#### Chicken Bouillon/broth

(No noodles or solids in the broth)



#### Jell-O/gelatin or Ice Pops

(No flavors with red coloring)



#### Ginger Ale or Clear Juice

(Any brand)



## D. WHAT TO EXPECT – DAY OF ENDOSCOPY

### BEFORE YOUR ENDOSCOPY

When you arrive, you will be asked to register and sign several forms. You also have the option to check-in online through MyChart. You will need to state and spell your name and date of birth to verify your identification.

After changing into a hospital gown, a nurse will place an intravenous (IV) catheter in your arm. An anesthesiologist will review your medical history. Your doctor will explain the procedure in more detail including any risks and answer any questions you have.

You will be brought into the procedure room and attached to equipment that will monitor your heart, breathing, and blood pressure. You will receive oxygen through your nose. You will be given anesthesia through your IV, which will make you fall asleep. The doctor will use a scope to examine your esophagus, stomach, and small intestine. If biopsies are performed, they will be sent to the lab.

### AFTER YOUR ENDOSCOPY IN THE RECOVERY ROOM

You will wake up in the recovery room. Some people may feel bloated or have stomach cramps after an endoscopy. This is normal and goes away by passing gas.

Once you are fully awake, your nurse will remove your IV. Your doctor will then discuss your procedure results. Your nurse will explain your discharge instructions before you go home. Your escort will then take you home.

### AT HOME

If you had a biopsy, the results will be available in 7-10 days. Do not drink alcoholic beverages for 24 hours after your procedure. Avoid carbonated beverages, raw fruits, and salads at your post-procedure meal. You may resume your normal diet and activities the next day.

**IMPORTANT!** Due to hospital policy, you must have someone 18 years or older pick you up and escort you home after your procedure.

The procedure will not begin until this plan has been made. If you are unable to confirm, your appointment will be cancelled.

We estimate you should be ready to be picked up approximately 1.5-2 hours from your scheduled procedure time.

If you don't have anyone to escort you home, please let us know and we can provide you with information on service agencies that will accompany you (at cost).



### CALL YOUR DOCTORS OFFICE IF YOU HAVE:

- A temperature of 101° F (38.3° C) or higher
- Severe stomach pain or increasing size and firmness of your abdomen
- Heavy bleeding from your rectum that lasts more than 24 hours
- Weakness, faintness, or nausea/vomiting