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## Endoscopic Ultrasound (EUS)

### What is an Endoscopic Ultrasound (EUS)?

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Your doctor has suggested that you have an endoscopic ultrasound (EUS) as part of your evaluation at National Jewish Health. An EUS allows the doctor to look inside the gastrointestinal tract (GI tract).

### Preparing for an EGD

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- **Stop eating food 8 hours before your procedure. You may still sip *clear* liquids (only) until 4 hours before your procedure. Stop drinking fluids of any kind 4 hours before your procedure. If you do not follow these instructions, your procedure will be cancelled.**
  - **Notify** your doctor if you take blood thinners such as Coumadin, Plavix, Lovenox, Pradaxa, etc., as you might need to hold these medications a day or so before your procedure.
  - **Notify** your doctor if you take any oral medicines or insulin for diabetes.
  - **Notify** your doctor if you take any injectable (shots) medications for weight loss/diabetes such as Ozempic, Mounjaro, Wegovy, Trulicity, etc., as you may need to hold these medications up to a week before your procedure.

### On Procedure Day

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- **A responsible adult must wait for you at National Jewish during your procedure, and take you back to your residence after you are discharged. You will not be able to drive yourself or take a taxi/public transportation. If you do not have someone with you to drive you home, your procedure will be cancelled.**
  - Check in at the Front Desk, and they will direct you from there. If you have questions, or if you would like to cancel or reschedule your appointment, please call 303-398-1355.
  - **Do not** take the medicines your doctor has asked you to hold.

- **Do** take any heart, blood pressure or seizure medicine, with a few sips of water, at least 2 hours before leaving for the test.
- **Do** bring your inhaled medicine with you. If you have sleep apnea, bring your CPAP mask and machine with you.
- **If you are diabetic**, please bring your glucose meter, test strips, and a source of fast-acting glucose with you (such as glucose tablets or glucose gel).
- **Do** not wear jewelry.
- **If you use oxygen at home**, even if only at night or while active, please bring a portable oxygen unit with you. You may need to use the oxygen for a while after the procedure. Occasionally, patients need to go home with supplemental oxygen after their procedure. In such cases, there may be an additional out-of-pocket expense.
- You should not work, drive, or make any important decisions for the rest of the day.
- We suggest that someone stay with you overnight.

## What is done during and endoscopic ultrasound?

When you arrive the nurse will explain what will be done before, during and after the EUS. If you have any questions, please ask. The nurse will start an IV. You will lie down on your left side during the EUS. A mouthpiece will help you keep your mouth open. An anesthesia provider will use your IV to sedate you. Your doctor will insert a small flexible tube (endoscope) into your mouth. A probe at the end of the tube sends out sound waves that bounce off tissues in your gastrointestinal tract and nearby organs. A computer creates a picture from this information. This information will be studied to help determine your diagnosis and possibly be used to direct biopsies (called fine needle aspiration). You will be monitored closely during the procedure. Once the EUS is complete, you will go to a recovery room to wake up. You will be sleepy in the beginning. Your doctor will determine when you are able to go home. Your nurse will review your procedure report and discharge instructions with you, and send you home with a copy of each.

## How long will the procedure take?

Plan on being at National Jewish Health for 3 to 4 hours, although sometimes people stay longer.

## Other Information

Visit our website for more information about support groups, clinical trials and lifestyle information.

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