



Digestive Specialists, Inc.
Digestive Endoscopy Center, LLC
www.digestivespecialists.com

Rectal EUS Prep Instructions

You may need special instructions. Please let us know if you:

- Are taking **Coumadin, Plavix** or any other blood thinner
- Are **Diabetic**
- Had a **Heart Attack** or **Stroke** in the past six months
- Have an **Artificial Heart Valve** or **Heart Defibrillator**
- May be **Pregnant**

Rectal EUS Prep
Obtain from any pharmacy
1. Two (2) Fleet enemas

Date _____ **Time of Arrival** _____

- Springboro 77 W. Eleanor Drive Kettering Hospital 3535 Southern Boulevard
 Miami Valley Hospital 1 Wyoming Street

You are scheduled with _____. The Medical Assistant, _____ may be reached at _____. After 5:00 PM or on weekends, call (937) 293-2169 to page your doctor.

Bring a licensed driver. You will not be allowed to drive home. You may not take a cab alone.

Prep Instructions - Please read line by line to ensure a successful preparation

On the day of your procedure – Date: _____

- Do not eat any solid food or drink any alcoholic beverages.
- You may have clear liquids until _____ AM/PM (5 hours prior to arrival time)

You may not have anything to drink, chew gum, or eat hard candy 5 hours prior to your arrival time.

- At _____ AM/PM (2 hours prior to arrival time) use one Fleet enema. Wait one hour and then use the second Fleet enema.

Important Information

- Take heart, blood pressure, seizure, thyroid, chronic pain or anti-anxiety medications with a small amount of water up to 2 hours before your procedure.
- **Bring a licensed driver.** You will not be allowed to drive home. You may *not* take a cab alone.
- After your procedure:
 - Restart all medications as prior to the procedure unless otherwise instructed by your doctor.
 - Resume your usual diet unless otherwise instructed by the doctor.

Clear Liquids Diet

- **Gatorade is preferred**
- Clear fruit juices, white grape juice and apple juice
- Kool-Aid or PowerAde
- Clear soup, broth or bouillon
- Water, tea or coffee without cream
- Hard candies
- Soda pop
- Jell-O or popsicles
- **Nothing red or purple**
- **Nothing alcoholic**