

Endoscopic Ultrasound of the Upper GI Tract: Preparation Instructions - Planning for the Procedure

- **You must have a driver** who is 18 years or older present at check in and discharge. If you do not have a driver with you at check in, we will need to reschedule your appointment. This person must remain in the unit during your entire visit so that they are available as soon as you are ready to be discharged. You will not be discharged unless this person is in the unit. Because your judgment may be impaired after this procedure, you will not be released to take public transportation, a taxicab, or even walk home without another responsible adult present to accompany you.
- The entire procedure appointment may take at least 3 to 4 hours to complete. Please advise your driver that they must remain in the unit during your entire visit.
- If you have diabetes, ask your health care provider for diet and medicine instructions.
- **If you must cancel or reschedule your appointment**, please call the Endoscopy Call Center as soon as possible: (616) 252-5775.

How do I prepare for an endoscopic ultrasound of the upper GI tract?

Day of your procedure:

- You may take all of your morning medicines (except for oral diabetes medicine) as usual with 4 oz. of water up to 4 hours before your procedure.
- If you take oral diabetes medicine (pills), **do not** take this medicine on the morning of your procedure.

8 hours before your procedure:

- Stop eating solid food.
- Begin a clear liquid diet. Refer to the table below to check which liquids and drinks are allowed on a clear liquid diet.

Allowed clear liquids:

- Gatorade, Pedialyte, or Powerade
- Coffee or tea (no milk or non-dairy creamer)
- Carbonated and non-carbonated soft drinks
- Kool-Aid or other fruit-flavored drinks
- Apple juice, white cranberry juice, or white grape juice
- Jell-O, popsicles
- Chicken, beef, or vegetable broth

Non-clear liquids – NOT allowed:

- Red or purple items of any kind
- Alcohol
- Milk or non-dairy creamer
- Juice with pulp
- Hard candy
- Any liquid you cannot see through

2 hours before your procedure:

- Stop chewing gum.
- Stop drinking all clear liquids.

Bring a list of all of your current medicines with you, including over-the-counter medicines.