DIGESTIVE HEALTH CENTER

Endoscopic Ultrasound (EUS) Instructions

Please read and follow the instructions very carefully.

Medications	*3 Days Before*	*2 Days Before*	*1 Day Before*	*On the day of your procedure*
10 days before your procedure: If you are on diabetic or blood-thinning medication, refer to the Medication Information handout. *5 days before your procedure:* Stop all iron (ferrous sulfate) supplements. Multivitamins are OK. 	You MUST have a responsible adult accompany you to and from your appointment. Make sure you have a ride on procedure day. 	*Snacks and Meals:* You may eat your normal diet. *Hydrate:* Drink **AT LEAST** four to six glasses of water or Gatorade throughout the day. 	*Before 11 p.m.:* You may eat your normal diet. *After 11 p.m.:* Begin your clear liquid diet (see Clear Liquid Diet handout) **Do not use any smokeless chewing tobacco or nicotine pouches at least 6 hours prior to your arrival time.**	*Early morning:* Take your usual prescribed medications especially chronic pain, blood pressure, heart and seizure medications. **DO NOT** consume anything four hours before check-in time. **Stop drinking all clear liquids 4 hours before you arrive.**

Date of procedure _____ Arrival Time _____

**** EXPECT TO BE HERE 3-4 HOURS ****

Location: **Digestive Health Center**
1015 S. Hackett Rd., Waterloo, IA 50701

Allen Hospital - *Use Outpatient Entrance #8*
1825 Logan Ave., Waterloo, IA 50703

If you have any questions or concerns, please call our office at 319-234-5990.
Office hours are Monday–Friday from 8:30 a.m. - 5:00 p.m., with phones answered 24 hours per day for emergencies.

Digestive Health Center complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.
SPANISH : ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística.
CHINESE : 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電