



# Rectal Endoscopic Ultrasound (EUS) Instructions

## The day before the exam:

- You may have a light meal around 3:00 p.m. (i.e. half sandwich, soup).
- At 5:00 p.m. pour one 6-ounce bottle of Suprep into the mixing container. Add cold water to the fill line (16 ounces total) and stir. Drink all the liquid. When finished, you must drink two more 16-ounce glasses of clear liquid within the next hour to help the laxative work.
- Drink only clear fluids from this point until after the exam.

Things you may have are:

Apple juice ~ White grape juice ~ Jello ~ Popsicles ~ Gatorade ~ Water ~ Soft drinks ~ Kool-Aid  
Hi-C ~ Clear broth ~ Boullion ~ (No purple or red items)

## The day of the exam:

- Do not eat breakfast.
- Do not take diabetic medication until after the exam. You may check your blood sugar prior to arrival.
- You can drink clear liquids until 2 hours prior to your procedure \_\_\_\_\_.
- When you arrive at the facility, you will be given an enema in preparation for the exam.
- You must have a driver due to the the sedation you will receive. You will not be able to drive or work until the next day.

Date of procedure: \_\_\_\_\_ Arrival time: \_\_\_\_\_

**\*\* The time that we give you is the 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 or 877-858-4741.  
Office hours are Monday–Friday from 8:30 a.m.-5:00 p.m., with phones answered 24 hours per day for emergencies.



1015 S. Hackett Rd., Waterloo, Iowa 50701  
319.234.5990

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