



Gastroenterology Consultants, Ltd

For Scheduling Changes, please call:

Reno (775) 329-4600

South Meadows (775) 852-4848

Patient Name: _____

Appointment Date: _____

Check-in Time: _____

Appointment Time: _____

Location:

- Renown South Meadows Medical Center 10085 Double R Blvd Suite 260, Reno NV 89521
- Northern Nevada Medical Center 2375 E. Prater Way Sparks, NV 89434
- Northern Nevada Sierra Medical Center 625 Innovation Dr, Reno NV 89511
- Other

**Lower EUS (Endoscopic Ultrasound) PREPARATION
(CITRATE OF MAGNESIUM)**

Your Physician has decided that a lower EUS (Endoscopic Ultrasound) examination is necessary. Adequate cleansing of your colon prior to the examination is crucial for good results. Retained fecal material (stool) in the colon can hide important conditions that may be present. Therefore, it is very important that you follow the instructions as carefully as possible. If you have any questions, please call our office prior to your procedure so we may take care of any concerns well ahead of time.

Note that individual responses to laxatives may vary widely. You may experience mild abdominal cramping and expect a number of liquid bowel movements within several hours. You may also experience bloating and nausea. No laxative bowel preparation is pleasant. This solution has been developed to make your preparation as simple and effective as possible. Also, remain within easy reach of bathroom facilities once you start the preparation.

What you will need:

Go to any drug store or pharmacy and purchase (2)Fleet Disposable Enemas and a 10 oz. bottle of Citrate of Magnesium (NOT CHERRY FLAVOR). **You will not need a prescription for these items.**

Special Considerations:

If any of the following apply to you, please let us know well in advance of the examination (at least 2 weeks prior to your appointment date) so that we can be prepared and provide special instructions:

- You take ANY medication that prevents your blood from clotting, ie. Coumadin (warfarin, Jantoven), Plavix, Pradaxa, Effient, and Xarelto (Rivaroxaban).
- You have an artificial heart valve or other condition requiring antibiotics.



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- You have diabetes
- You have a history of Latex allergy or sensitivity

Special Instructions:

10 days before the procedure:

- Do not eat any products containing OLESTRA fat substitute. (Found in some fat-free products. Read labels carefully.)
- Stop any aspirin products such as Acuprin, Bayer Aspirin, Bufferin, Ecotrin or Salsalate. Obtain approval from your primary care physician prior to stopping these drugs if you take it regularly or if you have a heart or cardiovascular condition.
- Stop any anti-platelet drugs such as Plavix (clopidogrel), Ticlid (ticlopidine), Aggrenox (Diyridamole and Aspirin). Obtain approval from your primary care physician prior to stopping these drugs if you take it regularly or if you have a heart or cardiovascular condition.

The day before the procedure:

- **Do not eat any solid foods after 3:00 p.m.**
- In preparation for the procedure, **drink one 10 oz. bottle of Citrate of Magnesium between 5 and 7 p.m.** the night before the procedure. This should be followed by a clear liquid meal and a 12-ounce glass of water each hour for the next three hours.
- Continue drinking plenty of clear liquids throughout the evening.
- To ensure the best possible results from the procedure, you must strictly adhere to the **CLEAR LIQUID DIET** listed below.
- **Liquids allowed:** water, clear fruit juices (pulp-free, no red or purple), soft drinks (no red or purple), strained soups and bouillon, Jell-O (no red or purple), Popsicles (no red or purple), black coffee or tea, and Lifesavers (no red or purple).
- Foods to avoid: fruits, vegetables, nuts, milk products, meats, breads, cereals, and alcohol.

The day of the procedure:

Absolutely nothing by mouth 6 hours before the procedure.

- Take your usual a.m. medications (high blood pressure medication, etc.) up to 6 hours before the procedure with small sips of water. If you have an early procedure (before 10 a.m.) you should take your a.m. medications right after the procedure.



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- **DO NOT FORGET TO ARRANGE FOR TRANSPORTATION AFTER THE PROCEDURE, AS YOU WILL BE SEDATED AND UNABLE TO DRIVE FOR THE REMAINDER OF THE DAY.** You can plan to be at the hospital approximately two hours. You will not be able to drive a car, operate any machinery or go to work until the following day. Bring a family member or trusted friend to the procedure with you, as after the procedure the doctor will discuss the results with you, but you may be forgetful from the medications given to you during the procedure to make you comfortable. **In addition, for any outpatient procedure the hospital policy requires that a responsible adult must remain with you for the 24-hour period following your procedure.** If this is a problem for you, please let our office know immediately.
- **If leaving by taxi, you will not be allowed to leave by yourself. You must be accompanied by a responsible friend or relative.**
- **ONE HOUR BEFORE YOU LEAVE HOME,** insert one Fleets enema rectally as directed, hold for as long as possible, then evacuate. Wait 15 minutes then repeat with the second enema.
- If you are coming from **out of town** or staying at some place other than your main residence, please call our office and leave a number where you can be reached.
- **Please bring a driver's license or a picture ID to insure proper identification and your insurance card.**
- **Please leave valuables at home.** We are not responsible for valuables brought into the hospital.
- **Please be aware** that **nail polish** may be removed during exam for your safety.
- **Please be aware** that **dentures** will be removed during exam for your safety.

Please visit our website to learn more about EUS:
http://www.giconsultants.com/eus_info.html