

# UNC REX Digestive Healthcare

## Lower Endoscopic Ultrasound Preparation

**Purchase** one 10 oz. bottle of Magnesium Citrate and 2 Fleet's Enemas. Both are over-the-counter medications that can be found at your local pharmacy.

For 3 days before the procedure, you cannot take any Aspirin, Iron, Vitamin E, Ibuprofen, Aleve, Motrin, or Goody Powder. Tylenol is permitted.

If you take Coumadin/Plavix stop for \_\_\_\_\_ days before on \_\_\_\_\_.

### Day Before Exam

1. You will be on a clear liquid diet all day. Clear liquids include: water, clear fruit juice, Gatorade, soda, broth, Jell-O, popsicles, coffee, and tea. Do not drink anything that is red or purple.
2. At 7:00pm, drink the entire 10 oz. bottle of Magnesium Citrate.
3. DO NOT EAT OR DRINK AFTER MIDNIGHT.

### Day of Exam

1. Take any of your important morning medications (heart, blood pressure, lung, etc.) with a small sip of water. You will receive specific instructions if there are any medications that need to be held or dose adjusted such as blood sugar medicines.
2. If you use inhalers please bring them with you to the hospital.
3. Before coming to your procedure you will need to use **2 Fleet's Enemas** 30 minutes apart. For best results, try to hold each enema for at least 5 minutes before expelling.
4. Wear comfortable, casual clothing.
5. You will be sedated for this procedure, so you must have a driver to take you home after the exam. **Do not plan on driving, returning to work, or participating in any activity that requires concentration for the remainder of the day.**
6. Your procedure will be at REX Hospital. You need to report to Outpatient Registration to check in.

Date of exam \_\_\_\_\_

Arrival Time \_\_\_\_\_

If you have any questions please contact nursing at 791-2040.