



# East Valley Gastroenterology & Hepatology Associates

[www.eastvalleygastro.com](http://www.eastvalleygastro.com) . Tel: (480)786-6655 . Fax: (480)786-6996

## ENDOSCOPIC ULTRASOUND

Your procedure has been scheduled at:

**Chandler Regional Hospital**  
1955 W. Frye Rd  
Chandler, AZ 85224  
(Out Patient Department)

Your appointment is on: \_\_\_\_\_

CHECK IN TIME: \_\_\_\_\_ (90min Prior to Procedure Time)

### MEDICATION AND DIET INSTRUCTIONS



#### 7 days prior to the procedure:

1. **PLEASE DISCONTINUE** all blood thinning and anti-inflammatory medications. This includes, but not limited to, Coumadin, Plavix, Iron supplements, Multi-Vitamins (Vitamin E) and Fish oil. Also discontinue any NSAID's (nonsteroidal anti-inflammatory drugs) such as, but not limited to, aspirin, aspirin type products, Ibuprofen, Aleve, Advil, etc.

**\*\*TYLENOL MAY BE TAKEN\*\***

\*See attached sheet for a complete list of medications to avoid.

\_\_\_ **MORNING** procedure: Nothing to eat or drink after midnight.

\_\_\_ **AFTERNOON** procedure: Nothing to drink after \_\_\_\_\_ a.m p.m

A **liquid** breakfast is okay **prior to your 8 hour fasting period**. No solid food or dairy. (If your appointment time changes, so will the fasting time.)

**\*Do not take any medications the day of your procedure\***



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## CLEAR LIQUID DIET

### DAY BEFORE PROCEDURE

Only items on this list are permitted

#### BEVERAGES:

Coffee (no cream)	White Grape Juice
Tea (no cream)	Water
7UP	Apple Juice
Sprite	Lemon-lime Gatorade
Ginger Ale	Lemon-Lime Crystal Light

#### SOUPS:

Bouillon	Fat Free Chicken Broth
Clear Broth	

#### SWEETS & DESSERTS:

Honey	Lemon, Lime, or Pineapple JELLO
Sugar	Clear popsicles
Clear Hard Candy	Jolly Ranchers (Green and Yellow)

**NO SOLID FOODS    CLEAR LIQUIDS ONLY**  
**STAY AWAY FROM RED, PURPLE, AND BLUE DYES**

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## IMPORTANT

**You must not have anything by mouth**  
***8 hours prior to the procedure.***

Otherwise this will result in postponement.

**NO MEDICATION, WATER, GUM OR JUICE**