

Preparing for your lower endoscopic ultrasound

Your appointment:

Hospital: _____ Address: _____

Date: _____ Time: _____

Doctor's name: _____

Your appointment time is not the actual time of your exam.

If you cannot make it to your appointment, please let us know
at least 5 days in advance by dialling 514 338-2222, option 1, ext. 1507.



Preparing for your lower endoscopic ultrasound

You will soon be having a lower endoscopic ultrasound. Here is how to prepare for it and some advice for your return home.

What is a lower endoscopic ultrasound?

A lower endoscopic ultrasound enables the doctor to examine the inside of the lower digestive tract (the last part of the large intestine).

A flexible tube equipped with a camera and an echography probe is inserted via the anus. The tube allows for obtaining images and removing samples in order to clarify the diagnosis and determine the treatment.

What are the possible side effects?

- Bloating
- Diarrhea
- Constipation
- Nausea and vomiting
- A few drops of blood in the stool for 1-2 days
- Rectal or anal discomfort

What are the risks of complications?

Lower endoscopic ultrasound complications are very rare.

- Perforation of the intestine (1 case in 1000)
- Significant bleeding if an intervention (biopsy) is required (1-2%)

How do I prepare for my lower endoscopic ultrasound?

If one of the following situations applies to you and you forgot to tell us about it when making your appointment, call us without delay at 514 338-2222, option 1, ext. 1507.

Medications

- If you take blood thinners (Fragmin, Lovenox, Innohep, Coumadin, Heparin, Plavix, Pradaxa, Brilinta Xarelto, Eliquis, Lixiana, etc.).

You may need to stop taking certain medications a few days before the exam. **It is important to follow the instructions that your doctor will give you.**

Medications to stop taking:

Stop date:

If you have questions about medications, call the access point nurse at 514 338-2222, option 1, ext. 1507.



It is important to follow the recommendations below so that the doctor can clearly see the walls of the intestine during the exam and detect any lesions.

The day before the exam

Intestinal preparation

- Purchase two **non-oily** sodium phosphate enemas (Fleet™) at a pharmacy. .



Diet

- Follow a low-fibre diet.
See Appendix 1 for permitted foods.

At midnight the day of the exam

- Be completely fasting, meaning that you must not eat (gum and candy included) or drink.
 - If necessary, you can have a few sips of water up to 3 hours before the exam.

The morning of the exam

Medication

- Take all your medications as usual.

2 hours before the exam

Intestinal preparation

- Administer the first sodium phosphate enema (Fleet™) bottle via the anus. For best results, try to hold it for at least 10 minutes.
- Evacuate and wait **15 minutes**.
- Administer the second sodium phosphate enema (Fleet™) bottle via the anus. Again try to hold it for at least 10 minutes and then evacuate.

For persons with diabetes

- Do not take rapid-acting insulin.
- Do not take your diabetes pills.
- Take half your usual dose of pre-mixed insulins.
- Take half your usual dose of slow-acting insulins (Lantus, Levemir, NPH, Humulin N, etc.).

Tips for persons with diabetes

- Monitor your sugar levels regularly using a glucose meter. Be sure to drink clear, pulp-free fruit juice (apple, white grape, white cranberry, lemonade) regularly up to 3 hours before your exam.
- If you think you are becoming hypoglycemic (drop in blood sugar level), take 1 tablespoon of concentrated sugar (honey, syrup, candy) even while you must be fasting.



How do I get ready for my appointment?

You must bring:

- Your health insurance card.
- If you have a pacemaker, bring your card.
- Your up-to-date list of medications, including natural products and over-the-counter medications. Your pharmacy can provide you with this list or you can print it from your online health booklet at: <https://carnetsante.gouv.qc.ca/portail>.



You must remove all your jewelry and piercings to avoid burns related to the use of electrical devices during the lower endoscopic ultrasound.

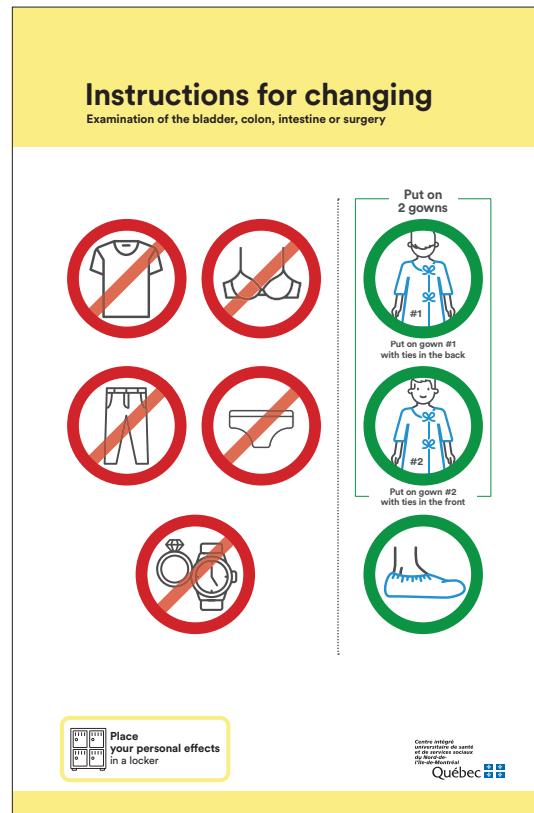
The day of your lower endoscopic ultrasound

1. Reception station

- Go to the endoscopy reception station. For directions, please go to hospital reception.
- Have your health insurance card with you.
- You will then receive important instructions for your exam.

2. When you arrive at the endoscopy unit

- You are then directed to the waiting room where changing rooms are available. The changing instructions are posted in the cubicle provided. Please follow the instructions on the yellow sign.
- A nurse calls you and explains to you how the exam proceeds.
 - She answers any questions you have.
 - She asks you various questions to better understand your health status.
 - She ensures your consent to the exam and use of the medication.
 - She may then insert an intravenous catheter based on your doctor's assessment.





The day of your lower endoscopic ultrasound (continued)

3. How the exam proceeds

- When you arrive at the exam room, you lie on your left side on a stretcher.
- Before starting the exam, the care team gets you settled in and answers any questions you have.
- You may be administered medications via an intravenous catheter. These medications help you relax and reduce discomfort during the exam.
- The doctor inserts the flexible tube via your anus and slides it the length of the large intestine.
- The doctor may remove tissue with a small needle inserted via the tube.
- The exam lasts on average 20 minutes.

4. Post-exam recovery

- You will then be transferred to the recovery room where a nurse will monitor you. (This period lasts on average 30 minutes but may be extended based on the clinical staff's judgment.)
- Before you leave, the staff will give you information related to follow-up. If required, the doctor will meet with you.

What to watch for back at home

Possible undesirable side effects during the 24 hours following the exam:

- Severe abdominal pain
- Black stools
- Stools with abundant clear red blood
- Unexplained fever (38°C / 100.4°F or higher)
- Nausea and/or vomiting with an inability to stay hydrated for more than 4 hours

IMPORTANT INSTRUCTIONS

If you receive intravenous sedation-analgesia medication during the procedure

- For your return home, you must be accompanied by a responsible adult because of the medication you have received during the exam.
- Do not drive for a period of 24 hours after the exam.
- Remain in the company of a trusted person for 24 hours after the exam.
- Do not use heavy machinery during the 24-hour period after the exam.
- Do not make important decisions (e.g. signing a contract, making a will) in the hours after the exam.

Caution: This document in no way replaces the recommendations made and the treatments proposed by your healthcare professional.

If you are concerned about your health following your lower endoscopic ultrasound, call Info Santé at 811.

Notes:

For any other information, please contact:

Endoscopy department
CIUSSS du Nord-de-l'Île-de-Montréal
Phone: 514 338-2222, option 1, ext. 1507.

Appendix 1 – Low-fibre diet before an endoscopy exam

	Permitted		Not permitted	
Grain products 	<ul style="list-style-type: none"> Breads, rice, pasta and white flour-based noodles 	<ul style="list-style-type: none"> Refined breakfast cereals like <i>Corn Flakes</i>, puffed rice, <i>Special K</i>, etc. Cream of wheat 	<ul style="list-style-type: none"> Breads, pasta or any other product made from whole wheat or another whole grain Brown or wild rice Barley Quinoa 	<ul style="list-style-type: none"> Popcorn Oatmeal High-fibre cereals like <i>All Bran</i>, <i>Raisin Bran</i>, <i>Shredded Wheat</i>, etc Wheat bran
Meats and substitutes 	<ul style="list-style-type: none"> Lean and tender meat Turkey, skinless chicken Fish, seafood 	<ul style="list-style-type: none"> Tofu Eggs Creamy peanut or nut butter 	<ul style="list-style-type: none"> Legumes (beans, chick peas, lentils, fava beans) Nuts and grains 	<ul style="list-style-type: none"> Crunchy peanut or nut butter Tempeh Hummus
Dairy products 	<ul style="list-style-type: none"> Milk Creans Vegetable drinks, plant milk Supplements like <i>Boost</i>, <i>Ensure</i> 	<ul style="list-style-type: none"> Kefir Yogurt without fruit pieces Ice cream without fruit, nuts Cheeses 	<ul style="list-style-type: none"> Yogurt with small fruits, nuts, granola 	<ul style="list-style-type: none"> Ice cream with fruits, nuts
Vegetables 	<ul style="list-style-type: none"> Well-cooked vegetables without the skin or seeds Skinless potatoes 	<ul style="list-style-type: none"> Pulp-free vegetable juice Vegetable soups, creams 	<ul style="list-style-type: none"> All raw vegetables Tomatoes Corn Beets* 	<ul style="list-style-type: none"> Gas-producing legumes (cabbage, onions, broccoli, radishes, garlic, shallots, turnip, leek, etc.)
Fruits 	<ul style="list-style-type: none"> Poached or cooked fruits without the skin or seeds Bananas Melons Avocados 	<ul style="list-style-type: none"> Pureed fruit, compotes Pulp-free fruit juice 	<ul style="list-style-type: none"> All fresh fruits other than those permitted Fruits with seeds (strawberries, raspberries, blackberries, blueberries, grapes, kiwis, etc.) 	<ul style="list-style-type: none"> Prunes Coconuts Dried fruits or confits Fruit juice with pulp Citrus fruits
Oils/fats 	<ul style="list-style-type: none"> Margarines Oils Butter 	<ul style="list-style-type: none"> Mayonnaise Dressing without seeds 	<ul style="list-style-type: none"> Dressing with seeds 	
Desserts/sweets 	<ul style="list-style-type: none"> Cakes, biscuits, muffin without nuts or seeds Sherbets Candies 	<ul style="list-style-type: none"> Fruit jelly Jell-O Marshmallows Honey, sugar Chocolate 	<ul style="list-style-type: none"> Dessert containing fresh fruits not permitted, dried fruits or nuts, seeds 	<ul style="list-style-type: none"> Jams Marmalade
Other 	<ul style="list-style-type: none"> Coffee, tea, herbal tea Broths Mustard Ketchup 	<ul style="list-style-type: none"> Soft drinks in moderation Salt, pepper 	<ul style="list-style-type: none"> Very spicy dishes Hot sauces Chips 	<ul style="list-style-type: none"> Relish Pickles Olives

*To be avoided due to its stool-colouring property