

LOWER ENDOSCOPIC ULTRASOUND (EUS) PREPARATION INSTRUCTIONS

Purchase from the pharmacy two bottles of Fleet® enemas.

The day before your procedure, you will be on a clear liquid diet. Restrict your intake to clear liquids only. There is no limit placed on the amount of clear liquids you are allowed to drink.

A clear liquid diet consists of:

- Water
- Black coffee
- Plain tea
- Jello® (NO red)
- Carbonated beverages
- Fruit juice (NO pulp – NO red)
- Broth or boullion
- Italian Ice®, Popsicles® (NO red)
- Hard candy
- **Note: NO dairy products**

The day of your procedure, do the following steps:

- 1 Fleet® enema 90 minutes prior to leaving your house
- 2nd Fleet® enema 60 minutes prior to leaving your house

The morning of your procedure, stay on clear liquids until 4 hours prior to leaving for your procedure.