

## *Information for You from Your Health Care Team*

### Preparation for Rectal Ultrasound

Your rectal ultrasound has been scheduled for \_\_\_\_\_ at \_\_\_\_\_ .  
(date) (time)

Please sign in at patient registration at Upstate Medical University Hospital at \_\_\_\_\_ .

The part of the colon to be examined must be cleansed and empty. This is achieved by following one of the two preparations listed below as ordered by your physician.

1. The day prior to the procedure:

- Start on a clear liquid diet when you get up and continue all day.
- **Clear Liquid Diet**
  - **Soups:** Clear bouillon, chicken broth or vegetable broth.
  - **Beverages:** Tea and Coffee (without cream/milk), Kool-Aid and Gatorade (no red or purple), apple juice, cranberry juice, grape juice, and carbonated beverages.
  - **Dessert:** Italian ice, Popsicles, and Jell-O (no red or purple).
- Start drinking the bowel cleansing solution between 2 pm and 5 pm. Drink 1 glass (8oz) every 10-15 minutes until the gallon is finished. If you become nauseated, stop drinking the solution until the nausea subsides. Then restart the solution, leaving 20 minute intervals or longer between glassfuls. It is very important that you finish the preparation without vomiting.
- This will cause you to have loose, watery bowel movements.
- You may drink clear liquids until 2 hours prior to arrival: \_\_\_\_\_ .
- **Diabetics:** Take no oral diabetic medications the morning of test or the day of clear liquids. Take 1/2 usual insulin dose the day of clear liquids and none the morning of test.

2. Use two Fleet enemas in the morning before coming to your procedure. (If you have any kidney problems, please notify your physician. A different preparation may be ordered for you).

You should have Nothing to Eat after Midnight the night prior to the procedure. You may have clear liquids until 2 hours prior to your arrival.

- **Continue** your usual medications (except for those listed below) as scheduled. The morning of your test, you may take your essential medications such as those for blood pressure, heart, thyroid, and seizure with a small amount of water.
- **Iron pills – Stop 7 days** before your procedure.
- **Notify our office NOW** if you are taking **coumadin (warfarin)** or **plavix**. These are “blood thinning” medications that will need to be adjusted the week before your procedure if a biopsy is planned.
- **Diabetics:** If you are on insulin twice a day, take half your usual dose the evening prior to your procedure, and do not take your insulin the morning of your procedure. Do not take oral diabetic medications the evening prior or morning of test.

If you have any questions, or need to cancel or change your appointment, please call University Gastroenterology at  315-464-1600 or  315-464-1616.