



HARDEEP M. SINGH, M.D., F.A.C.P., A.G.A.F.

Diplomate of the American Board of Internal Medicine  
and the Subspecialty Board of Gastroenterology

**Gastroenterology,  
Hepatology, Pancreaticobiliary Disease**

1010 West La Veta Avenue, Suite 570,  
Orange, CA 92868

16300 Sand Canyon, Suite 301,  
Irvine, CA 92618

Phone 714.835.7700 | Fax 714.835.8145

DrSingh@SouthernCalGI.com | SouthernCalGI.com

## Endoscopic Ultrasound

### What is Endoscopic Ultrasound?

Endoscopic ultrasound is an imaging method that uses high-frequency sound waves to produce images of the digestive system. The device is on a long flexible camera that is inserted into the mouth and passed into the stomach to exam the upper gastrointestinal tract. The camera can also be inserted into the rectum to evaluate the lower colon. This technology is very useful when evaluating the pancreas, stomach, gallbladder, esophagus and rectum. It is especially important in the evaluation of gastrointestinal cancers.

### Preparation for Procedure

- Continue all medications prior to the exam unless otherwise directed by Dr. Singh
- **If you take any blood-thinners such as Aspirin, Plavix, Coumadin or others, please discuss this with Dr. Singh as he may need to stop these prior to your procedure**
- **Do not eat or drink anything after midnight**
- The morning of your procedure, you may take all of your usual medications unless otherwise directed by Dr. Singh.
- You will be sedated during your procedure. **Because of this you will not be able to drive after the procedure and will need to arrange for someone to drive you home.**
- If you are having a Rectal Endoscopic Ultrasound, you will need to clean out your colon prior to the procedure. The morning prior to your exam you must start a Clear Liquid Diet. You will need to take a laxative preparation the day prior to the exam. Dr. Singh will determine which laxative preparation is best for you.

### Clear Liquid Diet

**Fruit Juices:** Apple, White Grape, and Pineapple (No Pulp).

**Beverages:** Sprite, 7-Up, Green Tea, Gatorade, PowerAde, Propel, Kool Aid, Strained Lemonade, **no coffee**. Soup: **clear** Broth or Bouillon.

**Desserts/Sweets:** Popsicles, Fruit Flavored Ices, Flavored Gelatin, and Hard, Clear Candy.

**Seasoning:** Lemon Juice, Honey, Sugar.

Your meals may consist of any amount you would like of any of the above food groups, and can only be from what is on this list....If it is not on the list, you may not have it!

### During Procedure

Prior to the procedure, you'll receive an intravenous sedative that will make you feel sleepy and help you relax. Throughout the exam, your heart rate and blood pressure will be carefully monitored. Once the sedative has taken effect, Dr. Singh will insert a specially equipped endoscope with a small ultrasound transducer on the tip, into your mouth and down into the esophagus. From there he will examine the esophagus, stomach, intestine, and neighboring organs using the ultrasound. Dr. Singh may pump air into the stomach and intestine during the procedure. Depending on complexity (and on whether additional procedures such as a polyp removal, a biopsy or a fine needle aspiration are performed during your Endoscopic Ultrasound), the exam usually takes from 45-90 minutes.

### After Procedure

You'll be recovering for about an hour from the effects of the sedative. You will need a ride back home and some rest. You may experience some temporary discomfort. Bloating and cramps are a common reaction to the air pumped into your stomach during Endoscopic Ultrasound. If you have a sore throat, gargling with salt water will relieve it. A light meal and non-alcoholic drinks are fine after the procedure.