This handout will explain the purpose of a rectal EUA, preparation instructions, and when to call your care team.

What is an EUA?

A rectal examination under anesthesia is performed in the operating room while you are asleep. This allows for you to be more comfortable during the procedure and allows for a more complete exam of the rectum.

During the procedure, your surgeon may take a small sample of tissue (rectal biopsy). The results of the EUA and rectal biopsy (if taken) will be used to help determine your diagnosis and plan your treatment options.

Preparation instructions

Your surgery is scheduled for day: ______________________ Date: _____________________

Preparation (7-10 days before surgery)

- Arrange for a family member/friend to bring you to the hospital and take you home after surgery.
- If you were not scheduled for an appointment with Pre-Anesthesia prior to your procedure, a nurse will call you 2 days before surgery to discuss which of your normal morning medications to take on the day of surgery.
- Stop any over the counter supplements (ex. Multi-Vitamins, Minerals, Calcium, Vitamin D, etc.)
- Pick up 2 over the counter saline FLEET® enemas from your pharmacy.
1 Day before surgery __________________________(date)

• A staff member from the Surgical Services Scheduling Office will call you 1-2 days before your surgery day, between 2pm and 5pm.
• They will tell you where to check in, and what time to arrive.
• If your surgery is on a Monday, this call will be made on the Friday afternoon before.
• If you have not received this call from the Scheduling Office by 5pm the day before your surgery, call (206) 598-6541.

At bedtime:

• Self-administer one FLEET® (or generic brand) enema
• Nothing to eat or drink after midnight

Day of surgery __________________________(date)

• 1 hour before leaving home, self-administer one FLEETS (or generic equivalent) enema
• Take the normal morning medications that you were told to take by Pre-Anesthesia with sips of clear liquids only.
• Leave jewelry and valuables at home.
• Wear your glasses instead of contacts if you have them.
• Please do not use deodorant or lotions on your skin.
• Please bring the following items:
  o Photo ID
  o Insurance cards.
  o A list of current medications.
  Optional: Copies of Advance Directives (Living Will, Medical Power of Attorney) (Optional).
• Wear comfortable clothing.

After the procedure, you:

• Will be transferred to the Post-Anesthesia Care Unit (PACU) where nurses will monitor your heart rate, blood pressure, and oxygen levels until your anesthesia has worn off.
• Will be discharged and sent home when you are awake and ready. Many times, this is the same day and on occasion you will remain under observation status overnight and discharged the following morning.
• May return to your regular diet. Drink 8-10 (8oz) glasses of water a day.
• Can most likely resume your normal activities in 1-2 days. Refer to your discharge instructions for activity instructions after your surgery.
Your results

Test results take at least 5-7 business days. Your physician will call you with your pathology results along with instructions as to your next steps.

Call the clinic if you have:

- A fever higher than 100.5°F (38°C)
- Shaking and chills
- Pain that does not go away with prescribed pain medication
- Constipation or problems having a bowel movement
- Any blood in your stool after the procedure

Contact us

Questions?
Your questions are important. Please call if you have questions or concerns.

Direct Fred Hutchinson Cancer Center Clinic Nurse Phone Number: _____________________