

Having an Endoscopic Ultrasound

Endoscopy unit: 01922 656217

Your Doctor has advised that you should have a test called an Endoscopic Ultrasound This leaflet explains why you need the investigation, how to prepare for it and what to expect immediately afterwards. If you have any remaining concerns or queries after you have read the leaflet, please contact us on the number shown above.

What is an Endoscopic Ultrasound (EUS)?

An EUS is a procedure done using a flexible tube about the thickness of your thumb with an ultrasound at the tip. The special ultrasound tip enables us to look beneath the lining of your intestines such as your oesophagus stomach bile ducts and pancreas. The Endoscope is passed through your mouth, down your Oesophagus, into your Stomach and Duodenum. Rectal procedures are done through the anus.

What are the benefits of an Endoscopic Ultrasound?

You may have already have had a test such as a CT scan, that has shown that you have an abnormality. An EUS can be used to get close-up scans to help your doctor to decide the best treatment for you. During the test the Endoscopist may need to perform a fine needle aspiration to remove cells or a core biopsy to remove small pieces of tissue to help make the diagnosis.

The most common reasons for doing an EUS are:

- 1) To investigate a lump or cyst in the pancreas.
- 2) To investigate a bile duct abnormality or blockage such as a gall stone.

3) To assess the extent of disease of in patients who have been diagnosed with cancer.

4) To assess large lymph glands and take samples.

The reason for your procedure will be discussed with you extensively before the procedure.

What if I do not have an EUS.

An EUS has been recommended because you have symptoms, or you have had other investigations, which suggest disease of the Oesophagus, Stomach or Small Bowel. If you do not have the EUS then disease of these areas may go undiagnosed. MRI and CT scans will not give as detailed an image as an EUS.

Preparation for the EUS

It is vital that your stomach is empty for the procedure to be carried out.

To ensure your Stomach is empty it is necessary for you to not have anything to eat for 6 hours before your appointment and not to drink anything 4 hours before your appointment.

Medication

If you take Warfarin, Clopidogrel, Rivaroxaban, Dabigatran or other blood thinning drugs (excluding Aspirin) or if you are a Diabetic, please contact us and ask to speak to a Nurse. We may need to alter your medication before you have your EUS. You may take all other medications as normal.

Consent

You have been sent a yellow consent form; this document explains the risks associated with this procedure. We would like you to read through this thoroughly and sign it before the procedure if you are happy to have the procedure done.

If you have any questions related to the form you can discuss them with the Endoscopist or Nurse before your procedure.

If you are unable to complete the form do not worry your consent will be confirmed before you have your test.

Please bring the consent form with you to your appointment.

On the day of the test

When you arrive at the Endoscopy Unit please report to reception desk, your details will be confirmed and you will then be asked to take a seat in the waiting area.

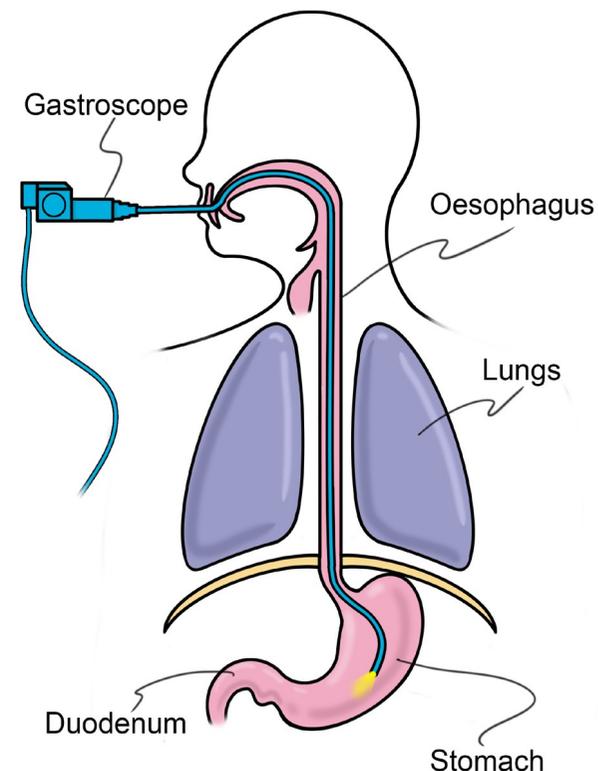
In readiness for your procedure a Nurse will invite you into a separate room to ask you questions about your health, explain about the procedure and confirm your arrangements for going home.

You will then have the chance to ask any questions that you may have.

There may be a slight delay before you are taken through for your procedure; however a relative or friend is more than welcome to wait with you.

Sedation

We recommend that your procedure is carried out with sedation you will be given an injection into a vein in your hand or arm; this will make you feel drowsy and relaxed to the point that



some patients have no memory of the procedure being carried out.

Sometimes sedation may not be advisable because of your health or if you do not have anyone to care for you after the procedure.

Due to the sedation, it is vital that you have an adult to accompany you home (by car or taxi) and for an adult to be with you until the next day. It is strongly recommended that you do not drink any alcohol, drive any vehicle, operate any machinery, sign any legal documents, or return to work for 24 hours. This is because the effects of the sedation last this long.

These arrangements will be confirmed before your test and **your test will be cancelled if you do not arrange someone to be with you.**

In the examination room

Before the EUS is done you will be asked to remove your glasses if you wear them (contact lenses can stay in) and remove any false teeth (a denture pot is provided). Outer clothing such as coats or jumpers will also need to be removed. The EUS will then be performed once you have been given local anaesthetic throat spray and sedation.

The EUS Procedure

A Nurse will stay with you throughout your procedure. You will be made comfortable lying on your left side on a trolley.

A mouth guard will then be placed between your teeth (or gums) and a nurse will hold this in place, the guard

keeps your mouth slightly open and prevents you from biting the endoscope. Throughout the test a monitor is placed on your finger to check your pulse and oxygen levels and you may be given oxygen through a small plastic tube in your nostrils

The Doctor or Nurse will pass the endoscope over your tongue to the back of your throat and will ask you to swallow. The endoscope will then pass into your Oesophagus, Stomach and Duodenum. The procedure will take 20 minutes to an hour on average. You may feel the endoscope move inside you and you may feel full of air and bloated. This is because air is blown into your stomach to ensure good views. During the EUS the nurse, using a device similar to a dentist, will remove any saliva collecting in your mouth. Tissue samples (biopsies) may be taken painlessly during the test.

As soon as the endoscope is removed, the mouth guard will be taken out of your mouth and the test is finished.

After EUS

Due to the local anaesthetic throat spray will have to wait 1 hour before you can eat or drink. You may be able to go home earlier than this; the nurse will advise you when you are fit to leave and will give you some written information to take home with you. If you have had sedation you will be cared for in the recovery area, on the trolley, until you are fully awake and it is safe for you to go home. This may take between 30 minutes and 1 hour. You will be escorted to the waiting area by the nurse team to the person accompanying you and you will be given written instructions to take home with you.

When will I receive the results?

The Doctor or Nurse will give you preliminary results together with a copy of your report before you go home. A copy will also be sent to your GP.

What are the risks of having an EUS?

The majority of EUS procedures are safe and uncomplicated. However, as with any procedure there is a small chance of complications or side effects, you may suffer from:

- **A sore throat**
- **Feel some wind in your stomach.**

National studies have shown that serious complications are rare. They include:

- **Adverse drug reaction**
- **Bleeding.** This occurs in less than 1 in 5000 cases.
- **Perforation** (a tear or hole) in the oesophagus or stomach occurs in approximately 1 in 1000 cases.
- **Aspiration** There is a small risk of aspiration of fluid into the lungs which might cause a cough.
- **Pancreatitis** There is a small risk of inflammation of the pancreas if a biopsy is taken from the pancreas.
- **Infection.** If fluid is removed from a cyst there is a small risk of infection antibiotic cover is usually given if there is a risk of this.
- **Missed pathology** is a possibility with all endoscopies. Endoscopists are trained to look thoroughly, but still there is a small known miss rate.

Training Walsall Healthcare NHS Trust is supportive of medical training. You may be asked if a trainee can observe or help with your procedure under very strict supervision. It is your right to refuse.

The Patient Relations Team is here if you need them:

Walsall Manor Hospital, Moat Road, Walsall, WS2 9PS

Tel: 01922 656463

Email: patientrelations@walsallhealthcare.nhs.uk