

What is a Lower Endoscopic Ultrasound (EUS)?

Endoscopic Ultrasound (EUS) is a procedure that looks at your lower digestive tract [anus, rectum, and sigmoid colon (large bowel)] from the inside. It can also look at the lymph nodes that are close to the tract.

Your doctor will place (through your anus) a thin, flexible tube called an echoendoscope. It has its own lens, ultrasound probe, and light source. It is used to produce images of your digestive tract on a video monitor.

How should I prepare for my EUS?

Your test is planned as a day visit. In rare cases, an over night stay may be needed.

Be sure to follow the instructions below before your test. Your test will be changed if these instructions are not followed:

- Please tell us **before the test day** about the medication(s) you are taking. You will be told which medications to take the morning of the test with sips of water.
- Please tell us about any allergies you have to medication.
- Please tell us **before the test day** if you take:
 1. Aspirin or non-steroidal anti-inflammatory drugs (e.g. Ibuprofen, Naproxen, Motrin®, Advil®, Aleve®, Arthrotec®, etc.)

2. Blood thinners (e.g. Coumadin®, or Warfarin, Pradax®, etc.) **OR** medicines that affect platelet function (e.g. Plavix®, etc.).

- We will tell you if you have to temporarily stop these medications before the test. You will also be told when to restart these medications after the test is done before you go home.
- Please tell us if you have an allergy to latex **before the test day** (patients with latex allergies may not be able to have an EUS).
- Please tell us if you:
 - have any heart or lung problems, diabetes, kidney disease, etc.
 - have a pacemaker, defibrillator or pain stimulator
 - use a machine for sleep apnea
 - are or think you are pregnant
- You will need to take either an enema or laxative by mouth to clean out all fecal matter from your large bowel **the day before the test**. We will inform you ahead of time which kind of bowel preparation to take. If you **have a history of kidney disease**, please **tell us before the test** as this will help us decide which preparation is best for you. A blood test will also be needed to check your kidney function before the test.
- Make sure a **responsible adult** can come with you, wait with you, and then take you home.

Medication used during the test may affect your judgment and reflexes for the rest of the day. Because of this, you will not be allowed to operate any machinery (e.g. car) until the next day. You may only take a bus or taxi from the hospital if a responsible adult is with you. If a responsible adult is not able to take you home from the hospital, your appointment may need to be changed.

- Please tell us if you need an interpreter.

What can I expect before the procedure?

Please report first to the HSC admitting desk to get registered – located at the 700 William ave entrance.

You will then be directed to the 7th floor in the purple bear zone to be admitted by a nurse for your test. The test will be explained to you in detail by Dr. Cantor to make sure you understand the benefits and possible risks. If you agree then you will be asked to sign a consent form. This form also asks for consent to take possible tissue samples (biopsies) if needed.

You will put on a hospital gown. An intravenous (IV) line will be started in your arm. At times your test may be delayed.

What can I expect during the procedure?

You will be taken to the procedure room. You will be helped into the correct position, usually on your left side.

A blood pressure cuff will be put on your arm or leg. A small clip will be put on your finger. These will let the nurse check your blood pressure and heart rate often during the test.

You will be given medications through the IV before and during the test to make you relaxed, sleepy, and pain-free.

When you are sleepy, the doctor will pass the scope through your rectum and into your lower digestive tract.

This allows the doctor to see the lining of your lower digestive tract and other areas that are close by (e.g. lymph nodes).

The test takes between 20 to 40 minutes.

What can I expect after the procedure?

You will be taken to the recovery area.

Your blood pressure and heart rate will be watched until you wake up from the test in about 60 minutes.

You may feel bloated and pass gas from the air and water used during the test. This is normal and will go away in a few hours.

After your IV is removed, the nurse will give you written instructions to follow when you go home. If you have questions, please ask. A copy of the test report and biopsy results (if taken) will be sent to your referring doctor. Biopsy results can take longer to come.

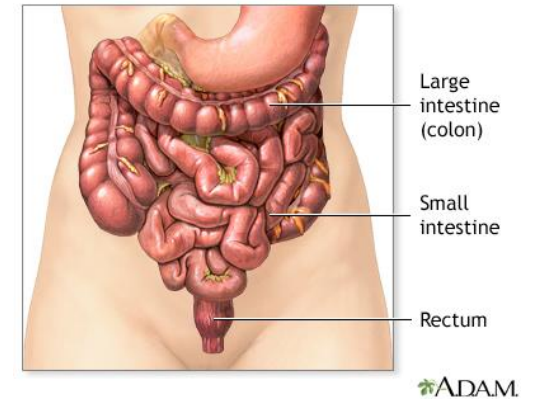
You will be given a discharge sheet which explains what to do at home after the test. The nurse will review the sheet with you.

What are potential problems with the test?

The test is normally safe; rarely problems can occur. Some of the possible problems may include:

- A tender lump or redness where the IV was placed.
- Allergic response to the medication given during the test or the latex balloon on the tube.
- The sedation medication given during the test may rarely cause breathing or blood pressure problems.
- Infection
- Aspiration of stomach contents into your lungs
- Bleeding may occur at a biopsy site. In rare cases, you could need a blood transfusion.
- Perforation (tear) through the lining of the digestive tract that could require surgery to repair.
- Misdiagnosis: Certain diseases including cancer may be missed as this test is not 100% accurate.

Lower Endoscopic Ultrasound (EUS) Patient Information



This brochure has been designed to give you information on an endoscopic ultrasound and the care you will receive.