

What is an Upper Endoscopic Ultrasound (EUS)?

Endoscopic Ultrasound (EUS) is a procedure that looks at your upper digestive tract (esophagus (food tube), stomach, and small bowel) from the inside. It can also look at lymph nodes and other organs like the pancreas, gall bladder, bile duct and liver that are close to the digestive tract.

Your doctor will place (through your mouth) 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 organs 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:

- **Do not eat or drink after midnight the evening** before your test. Your stomach must be empty.
- 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.).

You will be told 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 about your medical problems and if you have any heart or lung problems, diabetes, etc. If you use a machine for sleep apnea you should bring it with you. Tell us if you have a pacemaker, defibrillator or pain stimulator. Tell us if you are or think you are pregnant.
- Make sure a **responsible adult** can come with you, wait with you, and then take you home. Medication used during the procedure may affect your judgment and reflexes for the rest

of the day. Because of this, you will not be able to drive a 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 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 tissues 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 and you may have to wait.

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 numbing medication will be sprayed onto

the back of your throat. A plastic guard will be placed in your mouth to protect your teeth during the test.

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 place the scope through the mouth guard and into your mouth to begin the test. You may feel like gagging, but should not feel any pain. This will not block your breathing.

The doctor will guide the scope through your digestive tract. This allows the doctor to see the lining of your upper digestive tract and organs that are close by.

The test takes between 40 to 60 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.

Your throat may be sore for a few days. You may feel bloated and pass gas. 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?

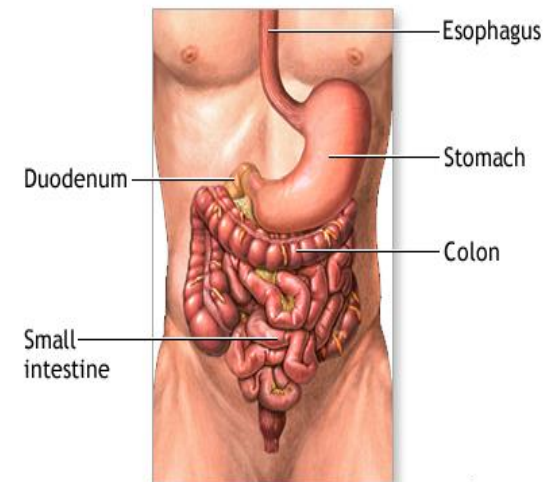
The test is normally safe, rarely problems can occur. Some of the possible problems may include:

- 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 (backwash) of stomach contents into your lungs.
- Bleeding may occur at a biopsy site. In rare cases, a blood transfusion or surgery could be needed.
- Perforation (tear) through the lining of the digestive tract that could require surgery to repair.
- Pancreatitis (inflammation of the pancreas). This occurs in cases where a biopsy of the pancreas was done.
- Misdiagnosis. Certain diseases

including cancer may be missed as this test is not 100% accurate



Upper Endoscopic Ultrasound (EUS) Patient Information



ADAM.

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