

Endoscopy Department

EUS (Endoscopic ultrasound)

Important Information for inpatients

Before your appointment

- If you are taking **Warfarin** or **insulin** remind the medical staff looking after you as they may need to be adjusted.
- All medications should be taken as normal with a little water.
- If you have any queries about the procedure please do not hesitate to ask the medical or nursing staff looking after you.

On the day

- Have **nothing to eat for six hours and nothing to drink for four hours** before your appointment.
- If you have heart valve disease or require antibiotics when you visit the dentist please tell us when you come for the procedure.
- You will be brought to the Endoscopy Department, which is on Level 3 of the Addenbrooke's Treatment Centre (ATC).
- When you arrive in the department there may be a delay before your procedure so bring something to read or do to help pass the time.
- Make sure you keep your dentures in, leave your hearing aid in place and bring your glasses with you.

Your doctor has requested us to perform this procedure to help investigate your medical condition to aid your diagnosis and management.

What is endoscopic ultrasound?

The upper gut consists of the oesophagus (gullet), stomach and duodenum (part of the small intestine joining the stomach). Endoscopic ultrasound is a procedure that combines the ability to look directly at the lining of the upper gut with ultrasound, while also showing the structures beneath the lining.

This is done using an ultrasound scope; this is a long flexible tube (thinner than your little finger) with a light at the end. It is passed into the mouth and on down the gullet (oesophagus) and stomach into the duodenum. The procedure may cause a little

discomfort and will be performed under sedation (**not** a general anaesthetic). It can take between 10 and 20 minutes, but if it takes longer, you should not worry.

Sometimes it is helpful to take a biopsy; this is done by passing a small needle through the scope to take out a tiny sample which is sent to the laboratory for analysis.

In certain conditions EUS is also used to give treatment for severe pain; this is called a coeliac plexus neurolysis (CPN).

Getting ready for the procedure

The medical team looking after you should discuss with you why they want you to have this procedure so that when you arrive in the department you can sign a consent form with the endoscopist. They will be happy to answer any of your questions as we want to make sure that you understand the procedure and its implications. Remember, you can change your mind about having the procedure at any time.

An intravenous injection is given into a vein to make you feel relaxed and sleepy but not unconscious. This means you may not be aware of the procedure. The injection will continue to have a mild sedative effect for up to 24 hours and may leave you unsteady on your feet for a while.

During the procedure

For your comfort and reassurance, a trained nurse will stay with you throughout the procedure. In the procedure room, you will be asked to remove false teeth, glasses and made comfortable on a couch lying on your left side.

The endoscopist will give you the injection. A mouth guard will be put gently between your teeth so that you do not bite the scope. A plastic 'peg' will be placed on your finger to monitor your pulse and oxygen levels during the procedure.

When the endoscopist gently passes the tube through your mouth you may gag slightly; this is quite normal and will not interfere with your breathing. During the procedure, some air will be put into your stomach so that the endoscopist will have a clear view; this may make you burp and belch a little. Some people find this uncomfortable. The air is removed at the end. When the procedure is finished, the endoscope is removed quickly and easily.

Minimal restraint may be appropriate during the procedure. However if you make it clear that you are too uncomfortable the procedure will be stopped.

Potential problems

Diagnostic endoscopic ultrasound procedures carry a very small risk (1 in 10,000 cases) of haemorrhage (bleeding) or perforation (tear) of the gut following which surgery may be necessary to repair it.

Ultrasound with a sampling slightly raises the risk of haemorrhage and in some cases poses a small risk of infection, an antibiotic may be given to reduce this.

Occasionally CPN temporarily lowers your blood pressure, which may need treatment. Some patients will have diarrhoea and/or a temporary increase in pain.

There may be a slight risk to teeth, crowns or dental bridgework; you should tell the nurses if you have either of these. Other rare complications include aspiration pneumonia (inflammation of the lungs caused by inhaling or choking on vomit) and adverse reactions to intravenous sedative drugs and, when used, antibiotic treatment.

After the procedure

Following the EUS you will be taken to a recovery area until you are awake enough to be returned to your ward. If you are discharged from hospital within 24 hours of your procedure you are advised not to drive, operate machinery, return to work, drink alcohol or sign any legally binding documents. You are also advised to have a responsible adult stay with you for the next 12 hours.

Afterwards the back of your throat may feel sore for the rest of the day and you may feel bloated if some of the air remains in your stomach. Both these discomforts will pass and need no medication.

If you have any of the following you should let the staff on your ward know:

- severe pain,
- black tarry stools
- persistent bleeding.

When do I know the result?

If you are still sleepy when taken back to your ward, the doctors looking after you on the ward will tell you the result. A written report will be filed in your hospital notes before you leave the department so that the information will be immediately available for the medical team looking after you

If a sample was taken the result will not be available for a couple of weeks. Details of the results and any necessary treatment should be discussed with the doctor who recommended you to have the procedure.

Training doctors and other health professionals is essential to the continuation of the National Health Service, and improving the quality of care. Your treatment may provide an important opportunity for such training under the careful supervision of a senior doctor. You can, however, decline to be involved in the formal training of medical and other students: this won't affect your care and treatment.

Alternatives:

Due to the unique information obtained from an EUS there are no real alternatives although in a few instances a PET scan may help.

For more information:

- Contact the Endoscopy Office between 0900 and 1700 on 01223 216546
- See www.addenbrookes.org.uk/consent



Addenbrooke's is smoke-free. You cannot smoke on site. For advice on quitting, contact your GP or the NHS smoking helpline free, 0800 169 0 169

Please ask if you require this information in other languages, large print or audio format: 01223 216032 or patient.information@addenbrookes.nhs.uk

Informacje te można otrzymać w innych językach, w wersji dużym drukiem lub audio. Zamówienia prosimy składać pod numerem: 01223 216032 lub wysyłając e-mail: patient.information@addenbrookes.nhs.uk

Polish

Se precisar desta informação num outro idioma, em impressão de letras grandes ou formato áudio por favor telefone para o 01223 216032 ou envie uma mensagem para: patient.information@addenbrookes.nhs.uk

Portuguese

Если вам требуется эта информация на другом языке, крупным шрифтом или в аудиоформате, пожалуйста, обращайтесь по телефону 01223 216032 или на вебсайт patient.information@addenbrookes.nhs.uk

Russian

若你需要此信息的其他語言版本、大字體版或音頻格式，請致電 01223 216032 或發郵件到: patient.information@addenbrookes.nhs.uk

Cantonese

Bu bilgiyi diger dillerde veya büyük baskılı ya da sesli formatta isterseniz lütfen su numaradan kontak kurun: 01223 216032 veya asagidaki adrese e-posta gönderin: patient.information@addenbrookes.nhs.uk

Turkish

এই তথ্য বাংলায়, বড় অক্ষরে বা অডিও টেপে পেতে চাইলে দয়া করে 01223 216032 নম্বরে ফোন করুন বা patient.information@addenbrookes.nhs.uk ঠিকানায় ই-মেইল করুন।

Bengali

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