



WHAT IS AN ENDOSCOPIC ULTRASOUND?

An EUS is a procedure that is performed using a flexible tube (endoscope) about the width of an index finger with a camera and ultrasound probe built into the tip. This tube will be put into your mouth and down your gullet, into stomach and the first part of the small intestine (duodenum). The procedure generally takes 15 – 45 minutes. During an EUS the doctor can get detailed ultrasonic photographs of the wall of your upper gastrointestinal tract as well as other organs, like pancreas, gallbladder and common bile duct. If required, tissue sample can be taken during the test, such as a biopsy from the pancreas or lymph nodes. This is known as a fine needle aspiration biopsy (FNAB).

WHAT ARE THE RISKS?

The procedure is safe and well tolerated under sedation. As with any procedure there are some risks but these are very rare. Potential risks include: Bleeding can rarely occur as part of a biopsy. Perforation, which is a tear in the wall of the upper intestine is rare (< 1:1,500 risk). If this happens it would require a stay in hospital including treatment with antibiotics and possibly surgical repair. There may be a slight risk to lose teeth, crowns or dental bridgework. Post procedure infection may occur which can be treated. Reactions to medications may also occur. It is important to inform nurses during admission of any allergies/ sensitivities to medications. There is a 1% risk of Pancreatitis (inflammation of the pancreas) which may also result in hospitalisation.

ARE THERE ALTERNATIVES TO THE PROCEDURE?

Scans with ultrasound, CT or MRI can be done but in many cases EUS gives more details of organs that might be affected by disease. Unlike a standard scan, EUS also allows an internal biopsy to be taken.

GIVING YOUR CONSENT (PERMISSION)

We want to involve you in decisions about your care and treatment. If you decide to go ahead, you will be asked to sign a consent form. This states that you agree to have the treatment and you understand what it involves. If you would like more information about our consent process, please speak to a member of staff caring for you.

PREPARING FOR YOUR PROCEDURE

You will need to fast for 6 HOURS prior to the procedure. (Do not eat or drink). If you are on regular medications, you can take these as usual in the morning with a small sip of water. (Apart from diabetic medications). Bring a list of your medications, allergies, and medical history with you to the unit. If you are taking any medication that thins the bloods, such as antiplatelet medicines (for example Clopidogrel) or anticoagulant medicines (for example Warfarin or Rivaroxaban), please tell your doctor or the nurse as you may need to stop these temporarily before your procedure. If you are a diabetic you must inform your doctor and follow their instructions - you may need to alter the dose of your diabetes medicines, as you will need to fast before the procedure. Do not bring any valuables with you on the day of the procedure. You may be asked to change into a gown for the procedure, we ask that you wear comfortable clothing and bring a dressing gown and slippers with you. If you are having sedation for your procedure, you are required to provide the name and telephone number of a family member/ friend to collect you after your procedure. Going home by taxi on your own is against hospital policy and is not allowed. You are advised to have a responsible adult stay with you for the next 12 hours.

CONSCIOUS SEDATION

Sedation is a state between relaxed consciousness and being very sleepy (but not unconscious). During sedation you are able to notice, (see, hear, smell, feel) events going on around you. It is an injection into the vein via a cannula. This is known as "conscious sedation". It is not a general anaesthetic. This remains in your system for 24 hours. You MUST NOT drive, operate machinery, drink alcohol, and sign legal papers for 24 hours after the procedure. If you are having sedation for your procedure, you are required to provide the name and telephone number of a family member/ friend to collect you after your procedure. Going home by taxi on your own is against hospital policy and is not allowed. You are advised to have a responsible adult stay with you for the next 12 hours.