

Q: Do you have any additional questions?

A: It is normal to feel hesitant and apprehensive about any medical procedure. Your physician and the Digestive Health Center staff are available to answer any additional questions that you might have regarding endoscopic ultrasound, alternative approaches to your problem, the cost of the procedure, as well as issues regarding insurance billing. Do not hesitate to speak to your physician or a member of the Digestive Health Center staff about any questions you might have regarding your EUS examination.

Patient Instructions for Endoscopic Ultrasonography

1. Your endoscopic ultrasonography is scheduled for:

Time: _____

Date: _____

2. Please arrive at: _____ .
3. The Digestive Health Center is located at 720 S.W. Lane. The Endoscopy Center is located on the first floor.
4. You shouldn't eat, drink or take anything after midnight. If your exam is scheduled to start later than noon, you may drink a clear liquid breakfast at 6 a.m. and then take nothing else by mouth. Brushing your teeth is permitted.
5. Make prior arrangements for someone to drive you home or leave a phone number for your nurse to use on your behalf when you are ready to go home.
6. Do not plan on returning to work, school, etc., after your exam. You can plan on resuming normal activities the next day.
7. Our phone number is (785) 354-0538 if you need further assistance before or after your procedure. On the day of your exam, please leave your valuables at home. The Digestive Health Center is not responsible for the loss of your valuables.
8. If this procedure was not directly scheduled in the gastroenterologist's office, a nurse from the Endoscopy Center will call you to review medications and instructions, discuss the necessary preparations and schedule the exam.



Division of Stormont-Vail HealthCare

720 S.W. Lane • Topeka

(785) 354-0538

www.stormontvail.org

Patient Information for Endoscopic Ultrasonography

This brochure has been designed to answer your questions about endoscopic ultrasound. This brochure will give you a basic understanding of the procedure – why it is performed and what side effects you might experience.

It is important to read this brochure carefully. If you have questions or concerns, feel free to ask the Cotton-O'Neil Digestive Health Center gastroenterologist who is scheduled to perform your examination.



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Q: What is Endoscopic Ultrasonography?

A: EUS is an imaging technique that combines endoscopy with ultrasonography. This allows for the detailed examination of the walls of the upper and lower gastrointestinal tract. The upper gastrointestinal tract is the esophagus, stomach and duodenum. The lower gastrointestinal tract includes the colon and rectum. EUS is also used to study internal organs that lie next to the gastrointestinal tract, such as the gallbladder, biliary tract and the pancreas.

EUS is performed using a thin, flexible tube called an endoscope. The endoscope is passed through the mouth or anus to the area to be examined. The ultrasound component is then utilized to produce sound waves that create images of the digestive tract.

Q: Why is EUS needed?

A: EUS provides detailed images of the digestive tract anatomy. EUS can be performed to further evaluate the pancreas when abnormalities are noted on CT or conventional abdominal ultrasonography. EUS can also be performed to evaluate abnormal areas in the stomach noted on either endoscopy or an X-ray examination.

Q: Why is EUS used for patients with cancer?

A: EUS can help determine the extent of certain malignancies of the gastrointestinal tract. These include cancer of the esophagus, pancreas, stomach, and rectum. Together with a final needle aspiration, EUS can be a valuable tool in the diagnosis and accurate staging of lung cancer. EUS provides information as to the depth that certain malignancies have invaded the walls of the GI tract or whether malignancy has spread to adjacent lymph nodes or nearby vital structures such as major blood vessels. In certain situations, EUS can be used to obtain tissue samples to help determine the proper treatment. EUS can dictate the need for or avoidance of surgical procedures.

Q: How should I prepare for EUS?

A: For EUS of the upper GI tract, you should have nothing to eat or drink after midnight the evening before the procedure. Depending on when the exam is scheduled, you may be allowed to have a clear liquid breakfast. You will be given specific instructions on when to start fasting. The prep for EUS of the lower gastrointestinal tract can vary determining on the extent of the exam. You will be given specific instructions by the Endoscopy Center staff as to which prep to use.

Q: What about my current medications or allergies?

A: Tell your physician or member of the Endoscopy Center staff in advance of the procedure about all medications that you are taking and about any allergies that you have to medication. You will be informed as to whether or not you can continue to take your medications as usual before the EUS examination. Generally, you will be asked to stop taking aspirin, Plavix, Coumadin, and anti-inflammatory drugs such as Motrin and Aleve five days before the procedure. The Endoscopy Center staff will instruct you regarding which medication you should take the morning of the EUS examination.

Q: Do I need to take antibiotics?

A: Antibiotics are generally not required before or after an EUS examination. Inform your physician and/or the Endoscopy Center staff if you take antibiotics before dental procedures. Antibiotics may be given prior to an EUS examination or after the procedure to help prevent infection. Antibiotics may be prescribed if you having a specialized EUS procedure such as one where a fluid collection or cyst is drained.

Q: Should I arrange for help after the examination?

A: If you receive sedatives, you will not be allowed to drive home after the procedure. While you will be alert and be able to ambulate, you are considered legally intoxicated and driving an automobile or operating other potentially dangerous equipment is not permitted. You should make necessary arrangements so that someone can drive you home following your recovery period. You should also consider having someone stay with you at home after the examination because the sedatives can affect your judgment and reflexes for the rest of the day.

Q: What can I expect during EUS?

A: Patients undergoing an EUS exam of the upper gastrointestinal tract are given intravenous sedation. Their throat is also sprayed with a local anesthetic to numb the gag reflex. The examination is done with you laying on your left side. The type of sedation utilized for EUS is called "procedural sedation." Two types of medications are typically given, one a narcotic, another a Valium-like compound called Versed. The vast majority of patients have no recollection of the procedure after its completion. After you receive intravenous sedation, the endoscope is passed through your mouth and advanced to the area of interest.

The endoscope does not interfere with your ability to breathe. An EUS examination generally takes between 30 and 45 minutes.

An EUS examination of the lower GI tract can often be performed safely and comfortably without medications, although sedation may be given if the examination will be prolonged or if the examination is a significant distance into the colon. Patients undergoing an EUS examination of the lower GI tract typically lay on their left side. Most lower GI tract EUS examinations take 15 to 30 minutes.

Q: What happens after EUS?

A: If you receive intravenous sedation, you will be monitored until most of the medication effect has worn off. If you had an upper EUS examination, your throat might be sore. You might also feel bloated because of the air that was introduced during the examination. You will be able to eat after you leave the procedure area unless otherwise instructed. You will be notified of the results of the examination prior to your discharge. The results of biopsy or other pathological specimens obtained will take several days.

Q: What are the possible complications of EUS?

A: Although complications can occur, they are rare when physicians with specialized training and experience perform the EUS exam. Bleeding might occur at the biopsy site, but it is usually minimal and rarely requires intervention. You might also have a sore throat for a day or two. Non-prescription anesthetic type throat lozenges and over-the-counter analgesics such as acetaminophen can help to relieve these symptoms. Other potential but less common side effects of EUS include: reaction to one of the sedatives used, backwash of stomach contents into the lungs (aspiration), infection and/or complications from heart or lung disease. One major but uncommon complication of EUS is perforation. This is a tear through the wall of the gut that usually requires surgery to repair. Finally, when testing involves a biopsy of the pancreas, inflammation of the pancreas (pancreatitis) can rarely occur.

The possibility of complications increases slightly if fine needle aspiration is performed during the EUS examination. These risks must be balanced against the potential benefits of the procedure and the risk of alternative approaches to the condition.