

# Endoscopic Ultrasound Scan (EUS)

## Endoscopy Department



Patient information leaflet

## What is an endoscopic ultrasound?

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An Endoscopic Ultrasound (EUS) is a procedure that enables the doctor to examine the lining and layers of the upper gastrointestinal tract, which includes the oesophagus (gullet), stomach, duodenum (first part of the small intestine that is connected to the stomach) and the surrounding areas and organs such as the pancreas and gallbladder. It involves passing a small flexible camera with an ultrasound probe at the tip, down your oesophagus, into the stomach and duodenum.

## Why is a EUS done?

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EUS is usually performed for the following reasons:

- To identify and evaluate the size / nature of abnormal areas/lesions
- To identify gallstones
- To examine the pancreas gland
- To obtain a specimen of tissue or fluid (called EUS-FNA, fine needle aspiration)
- To provide further staging information about whether you need surgery.

## What are the benefits of an endoscopic ultrasound?

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The benefit of an endoscopic ultrasound is that it can help your doctor diagnose the cause of your problems. This type of examination is more detailed than others as it allows the deeper structures to be seen rather than just the surface lining. Biopsies (tissue samples) can also be taken during this procedure if needed.

## **What are the risks of the procedure?**

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The risks of the procedure include:

- You will experience bloating, abdominal (tummy) discomfort and a sore throat for a few hours afterwards, which is normal.
- There is a slight risk of damage to your teeth, crowns or bridgework so please tell the nurse if you have crowns or have had any bridgework.
- There is a risk of making a small hole or tear (perforation) in the oesophagus. This happens in about 1 in 5,000 patients and may require an operation to repair the damage.
- A rare complication is a reaction to the sedative or numbing throat spray. Sedation can also alter your breathing rate, heart rate and blood pressure so you will be monitored for any changes during the procedure.
- There is a small risk of causing bleeding (1 in 10,000 cases), which may be serious enough for you to be admitted to hospital and need treatment with a blood transfusion.

## **What are the alternatives to this procedure?**

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This is the only test that could provide a biopsy from within. Other forms of imaging such as a CT or MRI scan can provide diagnostic information.

## **What are the risks of not having the procedure?**

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If you do not have the test, we may not be able to obtain a biopsy which would be needed to provide treatment.

## What preparation is required?

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To allow a thorough examination, it is essential that the stomach is empty. Please fast from food for 6 hours prior to the test. You may drink clear free fluids up until 2 hours before the test. After that you must have nothing to eat or drink until after the procedure. EUS is best carried out under sedation. Therefore, you will need to arrange for someone to accompany you to the appointment and to take you home afterwards.

## Follow medication advice

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Please withhold Aspirin on the day of procedure.

**Please contact the endoscopy unit on 01483 406606 / 406607 if you take any of the following medications for advice, as you may need to stop taking them before your procedure:**

- Warfarin
- Vorapaxar
- Clopidogrel / Prasugrel / Ticagrelor
- Rivaroxiban / Apixaban / Dabigatran/ Edoxaban
- Fragmin
- Insulin
- Diabetes tablets – e.g. Metformin, Gliclizide etc.

## What happens on the day of the examination?

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When you arrive you will be seen by a nurse who will check your medical history, you will be asked to change into a hospital gown, your blood pressure taken and a small cannula inserted in the back of your hand.

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. You should receive the leaflet, **Helping you decide: our consent policy**, which gives you more information. If you do not, please ask a member of staff caring for you for a copy.

## What happens during an Endoscopic Ultrasound Scan?

A local anaesthetic spray will be used to numb the back of the throat. You will be asked to lie on your left side, and a plastic mouth guard will be placed gently between your teeth. A nurse will stay with you throughout the examination.

During the procedure some air will be passed down the endoscope to distend the stomach and allow the endoscopist a clear view. The air is sucked out at the end of the procedure. When the procedure is finished the endoscope is removed quickly and easily. On occasions a biopsy sample or sample of fluid may be taken using a needle that is passed through the endoscope. The procedure lasts approximately 30 minutes from entering the Endoscopy Room and slightly longer if samples of tissue or fluid are taken.

## What happens after an Endoscopic Ultrasound Scan?

After the procedure you will be taken to the recovery area. You will need to rest quietly until the sedative has worn off. The nurse will check your blood pressure and pulse and offer you something to drink.

When you are safe to be transferred, you will be escorted to our patient lounge where you will receive hot drinks, sandwiches and biscuits. You will be discharged home with your next of kin and given post procedure information by the doctor, endoscopy nurse or specialist nurse. If samples were taken, the results will generally be available within 7-10 days of the test. You will be informed of these results by the specialist nurse who will arrange necessary follow up and further investigations as required.

## Going home

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**If you have sedation, you must have someone to escort you home and stay with you for 24 hours.** He/she should come with you for the appointment or be contactable by phone when you are ready to leave. If you do not have an escort or have not arranged for someone to collect you, then your procedure will be cancelled. If you are unable to arrange someone to collect you, please contact us to discuss alternative arrangements.

The sedation lasts longer than you may think, so in the first 24 hours after your examination, you should not:

- drive or ride a bicycle
- operate machinery or do anything requiring skill or judgement
- drink alcohol
- take sleeping tablets
- go to work
- make any important decisions, sign contracts or legal documents.

You should rest at home following your procedure, you can eat and drink normally and should be able to carry out your normal activities 24 hours after the test.

## What do I need to do after I go home?

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If you have a question or concern after the test, please phone the Endoscopy Unit on **(01483) 571122** ext. **4409** between 8-6pm.

Please consult your GP, contact 111, contact Royal Surrey County Hospital NHS Foundation Trust Accident and Emergency department on **(01483) 571122** ext. **4293** or go to your nearest A&E department if you develop post procedure complications.

## References

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- <https://patient.info/health/endoscopic-ultrasound-scan>



## Contact details

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If you require further information or advice, please feel free to contact us.

### Endoscopy Unit

**Telephone:** 01483 571122 **ext** 4409 (8am–6pm, Monday to Friday)

During out of hours, advice can be obtained from your local accident and emergency department or GP.

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### PALS and Advocacy contact details

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Contact details of independent advocacy services can be provided by our Patient Advice and Liaison Service (PALS) who are located on the right hand side as you enter the main reception area. PALS are also your first point of contact for health related issues, questions or concerns surrounding RSCH patient services.

**Telephone:** 01483 402757

**Email:** rsc-tr.pals@nhs.net

**Opening hours:** 9.00am–3.00pm, Monday to Friday

If you would like information documents in large print, on tape or in another language or form please contact PALS.

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