

GUIDE

Endoscopic Ultrasound (EUS)

Appointment:

Date: _____ Time: _____

General Campus



The Ottawa Hospital | L'Hôpital
d'Ottawa

Disclaimer

This is general information developed by The Ottawa Hospital. It is not intended to replace the advice of a qualified healthcare provider. Please consult your healthcare provider who will be able to determine the appropriateness of the information for your specific situation.

This booklet was prepared in joint collaboration with the GI/Endoscopy Unit staff and physicians.

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Printed at The Ottawa Hospital

What you should do

- **Bring this pamphlet with you on day of appointment.**
- Tell your physician if:
 - You are allergic to any drugs or food
 - You take medications
 - You have heart or lung problems
 - You are diabetic
 - You are pregnant or breastfeeding
 - You have glaucoma
 - You are on blood thinners
- Do not eat or drink after midnight on the evening before the procedure. If your appointment is scheduled in the afternoon, you may have a liquid breakfast before 8:00 a.m. Allow 6 to 8 hours fasting prior to time of appointment.
- If your EUS examination is of the colon or rectum, your physician will order a bowel preparation for you to clean out your colon.
- You are allowed to take bedtime medications. If taking early morning medications or diabetic, check with your physician.
- If you had a CT or MRI from another hospital, you must bring a **copy of the images** (not just the reports).
- Bring a list of your medications with you.
- For safety purposes, remove jewellery and body piercings.
- Do not bring valuables (money, jewellery, body piercings, etc.). The Ottawa Hospital does not assume any responsibility for lost or stolen articles.
- Remove nail polish and do not wear perfume.
- Bring your glasses, hearing aid or other prosthetic device.

- Bring your Ottawa Hospital card if you have one and your Health card (OHIP, Quebec) and come directly to the Endoscopy suite.
- ***This procedure is usually done with sedation, therefore:***
 - A family member or friend ***must*** be available to take you home after your procedure. You must make arrangements before you come to the Hospital. Your procedure may be cancelled if you do not have someone to ***accompany*** you home.
 - Please bring the telephone number of the person who will take you home when you come to the hospital. We will contact that person when you are ready to leave.
 - If you live alone, it is recommended that someone stays with you overnight.

EUS

EUS allows your doctor to examine the lining and the walls of your upper and lower gastrointestinal tract. The upper tract is the oesophagus, stomach and duodenum; the lower tract includes your colon and rectum. EUS is also used to study internal organs that lie next to the gastrointestinal tract,



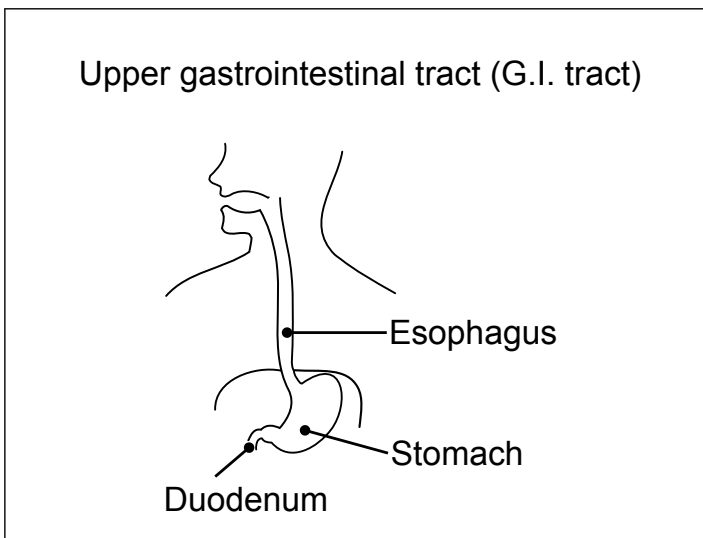
such as the gall bladder and pancreas. The echoendoscope is passed through your mouth or anus according to the area to be examined. The EUS component produces sound waves creating images of the desired area when applied.

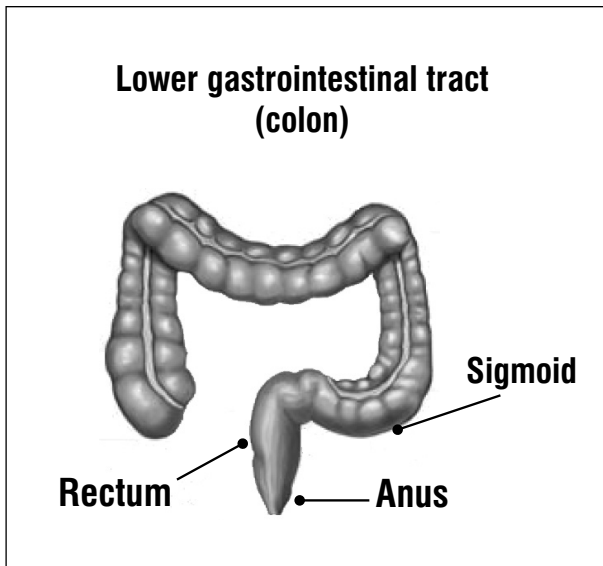
Why this test?

- The echoendoscopy gives the physician more detailed information than x-rays and other tests do not.
- It helps the physician to determine the nature of your problem.
- It allows the physician to take a small piece of tissue (a biopsy) for diagnosis/staging with the safety of ultrasound guidance and to decide upon the best treatment.
- EUS is also used to diagnose disease of the pancreas, bile ducts and gallbladder. Other therapeutic intervention (i.e., Celiac block, pseudocyst drainage) can be performed if necessary.

How the EUS works

The echoendoscope is a flexible tube with a miniature ultrasound tip that generates images through sound waves and returns them to the viewer. Therapeutic and diagnostic procedures can also be performed by inserting other instruments through a hollow section of the echoendoscope.





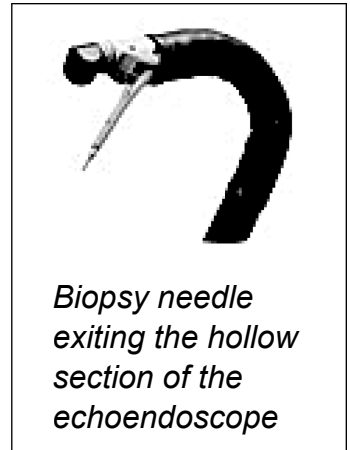
Before the procedure

- You will be asked to wear a hospital gown.
- The nurse will ask you questions pertinent to your medical history.
- The nurse will also start an intravenous in your arm/hand.

What should you expect during the procedure?

- You will be accompanied to the procedure room either walking or by stretcher.
- A team of nurses and physicians will be with you.
- You will be asked to lie on your left side on the stretcher.
- Your throat will be frozen with a spray if an exam of upper gastrointestinal tract only.

- If an exam of upper gastrointestinal tract, the physician will then ask you to swallow the echoendoscope which is smaller than most food you swallow. For lower exam, the echoendoscope will be introduced via the anus.
- It may be uncomfortable but not painful, and you can breathe normally.
- During the procedure the physician must put air into your digestive tract which may cause burping or abdominal cramps.
- If a biopsy is required, the echoendoscope is exchanged for a different echoendoscope which allows sampling of tissue/ liquid through a hollow section of the scope.
- EUS procedures generally take 45 to 60 minutes.



What happens after the procedure?

- You will return to the recovery area where the nurse will take your blood pressure and pulse on a regular basis.
- You will not be able to eat or drink for 1 hour after the procedure.
- You will stay a minimum of 45 minutes.
- Additional tests or treatment may be needed; the physician will discuss it with you or he will give you a written note.
- If sampling was done, you will be instructed to call back for the results.
- Some results are available right away, others take longer (biopsies). The physician will make the necessary arrangements before your departure.

On leaving the hospital

- You must not drive a motor vehicle, operate hazardous equipment, or make any legal decisions for 24 hours. It is against the law (Criminal Code) to drive a motorized vehicle under the influence of sedative drugs.
- You are advised not to consume alcohol for 24 hours following your procedure.
- You must be accompanied by a **responsible** adult, even if you are travelling by taxi. **It is unsafe for you to travel by bus.**
- Follow the instructions given by your nurse and physician.

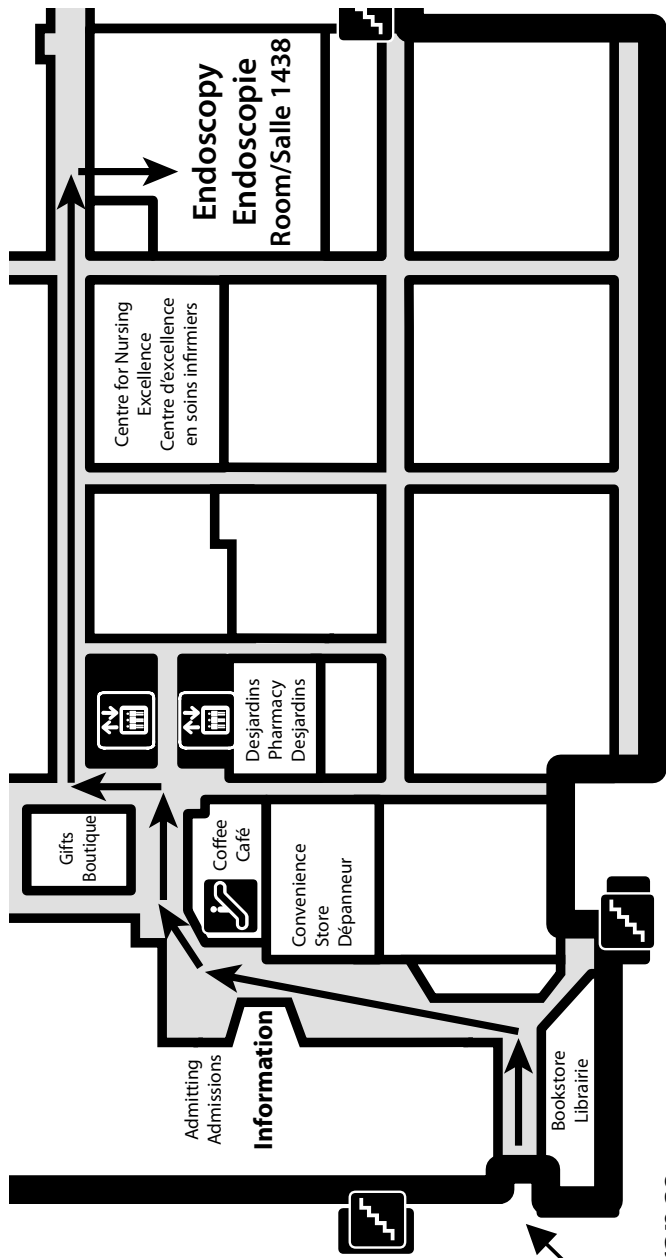
Directions

General Campus (see map on next page)

- Come in by main entrance.
- Turn left.
- Turn right at the Coffee Shop.
- Turn left before the elevators.
- Turn right in the first hallway.
- Follow hallway down to Endoscopy, Room M1438.

General Campus

501 Smyth Rd.
Ottawa, Ontario
K1H 8L6



Main Entrance
Entrée principale

