

Endoscopic Ultrasound (EUS) [Upper GIT]

What is EUS?

EUS allows your doctor to examine the lining and the walls of your gastrointestinal tract and to study internal organs that lie next to the gastrointestinal tract.

EUS will provide your doctor with a more detailed picture of your digestive tract anatomy and therefore help to diagnose diseases of the pancreas, bile duct and gallbladder when other tests are inconclusive.

Why is EUS used for patients with cancer?

EUS helps your doctor determine the extent of certain cancers of the digestive and respiratory systems. It allows your doctor to accurately assess the cancer's depth and whether it has spread to adjacent lymph glands or nearby vital structures such as major blood vessels. In some patients EUS can be used to obtain tissue samples to help your doctor determine the proper treatment.

Where is the procedure performed?

In the Gastroenterology Department (first floor), North Shore Hospital.

What preparation is necessary?

- **For a morning appointment: nothing to eat or drink from 12 midnight.** However, if you usually take tablets for your heart or blood pressure please take these with a sip of water in the morning.
- **For an afternoon appointment: nothing to eat or drink from 7am.** If you usually take any tablets in the morning please take these before 7am.

It is important that you notify the staff about any medication you are taking, especially **Warfarin, Insulin or Diabetes tablets**, if you have any allergies, if you have an artificial heart valve or joint replacements.

Following an explanation of the procedure, you will be asked to sign a consent form agreeing to have a EUS.

What happens during a EUS?

You will receive a local anesthetic spray to your throat and intravenous sedatives to help you relax. You will begin by lying on your left side. Your endoscopist will pass a thin, flexible ultrasound endoscope tube through your mouth to the area to be examined. Your doctor then will turn on the ultrasound component to produce sound waves that create visual images of the digestive tract. The instrument does not interfere with your ability to breathe.

What will I feel?

You may feel soreness in your throat and / or discomfort in your stomach. Most patients consider it only slightly uncomfortable, and many fall asleep during it.

How long does it take?

The actual procedure takes between 15 and 45 minutes, approx. However please note that your appointment time is when your initial assessment will be done with one of the nurses. **Following this please allow for up to four hours for the completion of your appointment.**

Are there any risks?

Although complications can occur, they are rare, occurring in less than 1% of cases.

They include bleeding from a biopsy site; a reaction to the sedatives used; backwash of stomach contents into your lungs; infection; and complications from heart or lung diseases.

One major, but very uncommon, complication of EUS is perforation. This is a tear through the lining of the intestine that might require surgery to repair.

These risks must be balanced against the potential benefits of the procedure and the risks of alternative approaches to the condition. You may be given Intravenous antibiotics at the time of the procedure.

Please discuss any concerns with the doctor.

After the EUS?

You will be encouraged to have a sleep afterwards. Nothing to eat or drink until instructed. Discharge information will be given to you.

When can I go home?

Outpatients can go home approximately 1 hour after the procedure following assessment by the Doctor. You cannot eat or drink for 1 hour after the throat spray.

As you are given sedation for this procedure, you MUST NOT drive, use machinery or undertake any other hazardous activities for at least 12 hours. It is preferable to have someone stay with you for the rest of the day.

You must arrange for someone to take you home after the procedure. They must pick you up from inside the Gastroenterology Department on the 1st floor. You are not able to leave without an accompanying adult. This dept closes at 5pm; please arrange to be picked up before this time.

Will my doctor get a report?

Yes. Your referring specialist will then send you an appointment to discuss the results.

IF YOU NEED A TRAINED INTERPRETER – PLEASE TELL YOUR NURSE OR DOCTOR

Maori	Memea kaore koe e mohio ki te korero whaaki ngai ki te takuta (korero)
Samoan	Afai ete le malamalama ile gagana fa'a peretania f'amolemole talanoa ilau form'l
Tongan	Ka'olu 'ikai ke mahino kiate koe 'a e lea fakapilitani fakamolemole 'o tala ki ho'o toketa
Cook Island	Me kare koe e marama I te tuatua papaa e akakite mai ki te taote
Vietnamese	Neu quy vi can thông dịch viên thánh thao xin hoi nhán viên bệnh viên
Chinese (Mandarin)	假若你不懂英語，請告知醫生或護士。
Niuean	Ka ai iloa poke ai maama e kow e vagahau faka peritania fak amolemole talaage ke he ekekafo (toketa)
Korean	통역사의 도움이 필요하시면 간호사에게 부탁하시면 됩니다.

