

Information about your ERCP

What is an ERCP?

Endoscopic retrograde cholangiopancreatography, or ERCP, is a technique performed with a special endoscope that is passed via the mouth, through the stomach to the opening of the bile ducts in the small intestine. The procedure is performed with sedation and most people do not remember it.

ERCP is usually performed for the removal of stones from the bile duct or to provide therapy for a narrowing or compression (stricture) of the ducts. Sometimes this therapy includes the insertion of a plastic or metal stent (drainage tube) or dilation of the narrowing with a special balloon. A small cut in the muscular opening of the duct (a sphincterotomy) may be performed in order to aid the removal of stones or the insertion of a stent.

Is ERCP safe?

This procedure is only performed with a good reason as there are some risks associated with the procedure. It is performed by a specially trained doctor. You may feel minor throat discomfort or temporary bloating afterwards. Occasionally there may be nausea or light-headedness following the anaesthetic. Complications may include:

Teeth Damage – A bite-block mouthguard is used and tooth damage may occur – The risk is generally less than 1 in 500 procedures

Aspiration – If the contents of the stomach enter the airways – The risk is generally less than 1 in 100 procedures

Bleeding – May occur up to 10 days following the procedure. The risk is generally less than 2 in 100 procedures

Infection – Generally less than 2 in 100 procedures

Perforation – a hole in the small intestine or bile duct that may require surgery – The risk is generally less than 1 per 1000 procedures.

What Preparation is required?

For the procedure to be safe and successful your stomach must be empty. This is achieved by not eating for at least 6 hours prior to the procedure and only drinking clear fluids as allowed. Please follow the preparation instructions carefully on the next page.

What do I need to bring?

You may need to bring your doctor's referral (if you have been referred directly by your GP). Bring your health fund and Medicare cards. Wear loose fitting clothing and leave jewellery and valuables at home.

What happens afterwards?

You may be drowsy for several hours following the sedation. A friend or family member must drive you home and stay with you till the next day. Your procedure may be cancelled if this has not been organised. You must not drive until the following day or longer if you drive a commercial vehicle. You must not drive until the following day or longer if you drive a commercial vehicle. You should contact your doctor or attend and Emergency Department immediately if you experience any severe abdominal pain, vomiting or passing blood, difficulty breathing, fevers/chills, or any other symptoms you are concerned about.

ERCP Instructions

Date of Procedure: _____ in the Morning / Afternoon

Doctor: _____

PROCEDURE LOCATION:

- | | | |
|--|--|---------------|
| <input type="checkbox"/> Victorian Gut Centre | 119 Plenty Road, Bundoora | Ph: 9466 8466 |
| <input type="checkbox"/> John Fawkner Private Hospital | 275 Moreland Rd, Coburg | Ph: 9385 2500 |
| <input type="checkbox"/> Northpark Private Hospital | Cnr Plenty & Greenhills Road, Bundoora | Ph: 9468 0800 |

Key Information

- The procedure time will be approximately 20-30 minutes
- The arrival time will be confirmed with you 1-2 days beforehand by the hospital
- Allow 3 hours from your arrival time before you will be ready to go home
- Ensure you have someone to drive you home afterwards
- Follow the instructions carefully to for your ERCP to be successful
- On the day, your doctor will see you before and after the procedure to discuss the results
- You will receive a hard copy of the report. The report and all results will also be sent to your GP

Medication

- Blood thinning medications: Please seek advice well prior to the ERCP as sometimes blood thinning medications need to be stopped. Aspirin can generally be continued.
- Diabetic medications: please seek advice on how to manage diabetes medication and insulin

ERCP Diet Instructions

ON THE DAY (.....)	
6 hours Before your admission time Start at	<ul style="list-style-type: none"> • Do not eat anything in the 6 hours before your admission time • You can drink CLEAR FLUIDS until 2 hours before your admission time. • CLEAR FLUIDS are: water, soda water, mineral water, cordial, sports drinks (not red/purple/blue), lemonade, apple juice (no pulp), black coffee/tea, clear soup (e.g. clear chicken broth)
2 hours Before your admission time Start at	<ul style="list-style-type: none"> • FAST (No more clear fluids or anything to drink) • You can take regular medication with a sip of water but do not take diabetes medication • If you take blood thinning/diabetes medication, follow the instructions you have been given • Please arrive at the scheduled admission time

If you have any questions, please call GastroNorth on 03 9468 9700