

Information about your Endoscopic Ultrasound (EUS)

What is an EUS?

EUS is a procedure using a flexible endoscope with an ultrasound probe and a camera on its tip. The EUS endoscope is passed under sedation via the mouth to the oesophagus, stomach and the first part of the small intestine. It allows the lining of the upper gut and some abdominal organs to be viewed under ultrasound from inside the body. This allows for the diagnosis, needle biopsy and treatment of several conditions including of the liver and bile duct, pancreas, gallbladder and lymph nodes.

Is EUS safe?

EUS is generally regarded as a safe and well-tolerated procedure. Although uncommon, you may feel temporary discomfort following the procedure. You may feel minor throat discomfort or temporary bloating afterwards. Occasionally there may be nausea or light-headedness following the anaesthetic. Complications are uncommon, but may include the following:

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 – after polyp removal or biopsy, may occur up to 10 days following the procedure. The risk is generally less than 2 in 100 procedures where a needle biopsy is taken

Infection – less than 2 in 100 procedures where a needle biopsy is taken

Perforation – a hole in the bowel 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 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.

Endoscopic Ultrasound 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 EUS 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 EUS 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

EUS 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