



## **Endoscopic Ultrasound (EUS)**

### **You will have your procedure at:**

- Rhode Island Hospital, 593 Eddy St., Providence - Main Building, 9<sup>th</sup> Floor, 9B Endoscopy Unit

Please note: The office will call 1 week prior to confirm your appointment. At this time your official procedure time will be provided to you.

### **You must confirm your appointment otherwise it will be reschedule to a later date.**

**On the day of your procedure please bring photo ID and a list of ALL your medications and dosages.**

Due to unexpected emergencies, your procedure time cannot be guaranteed. Please contact your insurance company prior to your procedure to understand your responsibility for any co-payment and/or deductible. Note: This is a hospital-based Endoscopy Unit.

#### **Important**

- Do not stop Aspirin unless instructed by your primary care physician or cardiologist.
- A responsible adult must be available to come into the Endoscopy suite to sign you out of the unit. You will not be able to drive on the day of your procedure. You must have someone drive you home. You may take a taxi or bus, but only if you are accompanied by a responsible adult.
- If you have asthma or any lung disease, please be sure to bring your inhalers.
- Please do not wear perfumes or body lotions on the day of your procedure.

#### **Day Before Endoscopy**

Do not eat or drink anything after 12:00 midnight the night before the procedure. Also, no gum or candy. You may take medications with SMALL sips of water.

#### **Day of Endoscopy**

- Nothing to eat or drink. Also, no gum or candy. You may take medications with SMALL sips of water.
- For EUS of the Lower GI tract you will be instructed to take a colonic cleansing solution or rectal enema to cleanse the lower part of your colon.
- If you have an afternoon appointment you may have clear liquids up to 4 hours before your arrival time.

Clear liquids are those you can "see through". Examples of clear liquids include:

- ✓ Water
- ✓ Strained fruit juice without the pulp
- ✓ Plain coffee and tea (**without** milk or cream)
- ✓ Clear broth or bouillon
- ✓ 7 UP, Sprite and Ginger Ale
- ✓ Sports drink (such as Gatorade and Propel Water) (Avoid red, blue and purple)
- ✓ Kool-Aid or other fruit flavored drinks (Avoid red, blue and purple)
- ✓ Plain Jell-O without added fruit or toppings (Avoid red, blue and purple)
- ✓ Popsicles (Avoid red, blue and purple)
- Medication can be taken with sips of water up to 4 hours before your arrival time.
- DO NOT take Antacids or Carafate before this procedure.
- Antibiotics are generally not required before the procedure; however, if a cyst is sampled or drained you may receive antibiotics during the procedure and may be sent home on a short course of antibiotics.

**Important:** Notify your physician or nurse if you are an insulin dependent diabetic or have special health care needs.

**Please call the office if you have any questions 401-606-4260**

## **What is Endoscopic Ultrasound (EUS)?**

Ultrasound is a type of imaging test that uses sound waves to create images of the inside of your body. An *endoscopic ultrasound* is performed inside the digestive system (GI tract). An echoendoscope (EUS scope) is a thin, flexible tube with a built-in camera and miniature ultrasound probe. Inserted through either the mouth or rectum, the scope passes through either the upper or lower GI tracts and examine surrounding parts of the body.

## **Why is EUS done?**

EUS provides more detailed images than a regular ultrasound because the ultrasound probe rests inside the body, closer to your body organs.

EUS can be used to help diagnose the following conditions:

- Abdominal pain or weight loss
- Problems with in your gallbladder or bile ducts, including gallstones
- Pancreatitis (inflammation of the pancreas)
- Growths, tumors or cysts in the esophagus (food-pipe), stomach, pancreas, intestines, lungs or rectum.
- Cancer of the esophagus, stomach, pancreas, rectum or lungs

In patients with a diagnosis of cancer, EUS can be used to assess the cancer's depth and whether or not it has spread to lymph nodes, blood vessels or other structures.

Biopsies (tissue samples) can also be done during EUS to help your doctors determine the proper treatment.

Often, EUS is used to further investigate abnormalities seen on previous endoscopies, colonoscopies or x-ray tests (such as CT scans or MRI).

## **What can I expect during EUS?**

- During the procedure, you will be given sedative medications through an IV to become sleepy and relaxed.
- Most likely, you will be lying on your left side.
- After you become sleepy, the doctor will pass the scope down your food-pipe to examine your esophagus, stomach, small intestine and surrounding organs such as the gallbladder, liver, and pancreas.
- The instrument will NOT interfere with your ability to breath.
- Most procedures take 60-90 minutes and many people do not remember the procedure when they wake up.
- EUS of the lower GI tract and rectum will require you to lie on your left side with your back to the doctor. You will also receive sedating medication through the IV. The scope will be inserted into the rectum and the bottom length of the colon will be examined.
- Sometimes EUS takes longer if a biopsy of a concerning area or drainage of a cyst is performed (1 ½ to 2 hours).
- After your procedure, you will recover and wake up from the IV sedation medications in our recovery room. You will not be alert enough to drive home and will need a ride. Plan on resting for the rest of the day. You should be able to return to your usual activities the day after the procedure.

## **What are possible complications of EUS?**

- Although complications may occur during any endoscopy procedure, they are rare.
- There is a small risk of bleeding if a biopsy or tissue sample is taken during the procedure, but it is usually minimal and rarely requires follow-up.
- You might have a sore throat the day after a procedure. Over the counter throat lozenges may help sooth this discomfort.
- One major, but rare, complication from an endoscopic ultrasound is a perforation (an accidental hole or tear in the GI tract that might require surgery to repair).
- If a needle biopsy is performed of the pancreas there is a small increased possibility of inflammation (swelling) of the pancreas (pancreatitis) or infection.
- Your doctor will review and discuss these risks as well as benefits of the planned EUS procedure for you before your procedure and on the day of your procedure.