

# Endoscopic Ultrasound (EUS)

This leaflet explains about your EUS and what you can expect when you come to hospital. It also details the instructions on how to prepare for this procedure, including when to stop eating and what tablets you may need to stop.

## Important information about your procedure

- St George's is a national training centre for endoscopy. Students and qualified trainees may be involved in your care. If you do not want students to be present, please inform the doctor or nurse when you are admitted.
- It is necessary to have sedation for this procedure, therefore, you will need to arrange for a friend or relative (18+) to escort you home after your appointment and to be with you for at least 12 hours. We kindly ask escorts not to wait in the Endoscopy Unit due to limited space but we will call when it is completed.
- **STOP EATING SIX HOURS** before your appointment, clear fluids are allowed (**no milk**).
- **STOP DRINKING CLEAR FLUIDS TWO HOURS** before your appointment.

## Important information about medication

- If you are taking medications for **diabetes** or to **prevent blood clots** such as Warfarin, Apixaban, Edoxaban, Rivaroxaban, Dabigatran, Clopidogrel, Ticagrelor or Prasugrel, please follow the instructions provided by the nurse. If you have not been contacted, please **contact us** on **020 8725 1913**.
- Take other medications as normal.
- Please bring a list of your regular medications and bring any inhalers or sprays with you.
- If you a diabetic, please bring your medication and a snack to eat after the procedure.

## **What is EUS?**

EUS stands for endoscopic ultrasound. This is an endoscopy using a camera combined with an internal ultrasound scan.

The endoscope is passed via the mouth to the inside of the stomach to allow investigation and treatment of internal diseases.

The procedure itself takes 15-45 minutes but please allow up to four hours in the hospital for the whole process to be completed. It is necessary for sedation to be used for this procedure.

## **What are the risks?**

The procedure is safe and well tolerated under sedation but rarely there can be a problem, for example:

- The sedative can affect your breathing making it slow and shallow.
- Bleeding can rarely occur as part of a biopsy.
- Perforation, which is a tear in the wall of the upper intestine is rare (< 1:1,500 risk).

If this happens it would require a stay in hospital including treatment with antibiotics and possibly surgical repair.

## **Are there any alternatives?**

Scans with ultrasound, CT or MRI can be done but in many cases EUS gives more details of organs that might be affected by disease. Unlike a standard scan, EUS also allows an internal biopsy to be taken.

## **Asking for your consent**

It is important that you feel involved in decisions about your care. You will be asked to sign a consent form to say that you agree to have the treatment and understand what it involves. You can withdraw your consent at any time, even if you have said 'yes' previously. If you would like more details about our consent process, please ask for a copy of our policy.

## Advice for diabetic patients

The period of starvation can upset your diabetes temporarily. A nurse will contact you with advice on how to manage your diabetes whilst you are fasting. If you have not been contacted, please **contact us** on **020 8725 1913**. Alternatively, you may wish to speak to your diabetic nurse for advice.

## On arrival at the endoscopy unit

- A nurse will check your details, including medications and allergies.
- The procedure will be explained again and you will be asked to sign a consent form.
- An intravenous cannula will be inserted and secured before the start of the procedure.

## What happens during EUS?

- A local anaesthetic spray is used to numb the back of your throat; this has a slightly bitter taste. The effect lasts approximately 30 minutes.
- A sedative injection is given. It makes you relaxed and in most cases drowsy or sleepy.  
It can affect memory of the procedure in some patients.
- The EUS endoscope is gently inserted via your mouth into your stomach. This is not painful and will not make breathing or swallowing difficult. The nurse may need to clear saliva from your mouth using a small suction tube. If you gag you won't vomit as your stomach will be empty. The test takes approximately 15-45 minutes.
- Biopsy samples are often taken to help diagnosis and treatment.

### **Will I feel any pain?**

You may feel some discomfort from the air that is pumped into the stomach. You may experience a sore throat for one or two days.

### **What happens after EUS?**

Following the procedure you will be taken to the recovery area. You will be monitored for 45 minutes. After this you will usually be able to get dressed and have refreshments. A nurse will give you a copy of the endoscopy report as well as some important discharge advice.

You must arrange for somebody to accompany you home. The medication given during the test will prohibit you from driving for 24 hours after the examination. If you are unable to arrange transportation or do not wish to take public transport, we can arrange a taxi to take you home, however you are responsible for the fare. You will need a responsible adult at home for at least 12 hours.

### **Will I get the results / Will I have a follow-up appointment?**

We will give you a copy of the EUS report and discuss the findings with you before you are discharged. We will be able to tell you of any visual findings but any samples will be sent to the laboratory for testing. This can take up to six weeks. A copy of the report and any histology results will be sent to your referring doctor and your GP. If required, a follow up appointment will be requested and will be sent to you by post, text or by telephone.

### **Is there anything I need to watch out for after the procedure?**

It is normal to experience a mild sore throat for up to 48 hours following the procedure, simple lozenges will help. You may also feel bloated from the air that was pumped into your stomach. This is normal and will pass. However, if you have **any severe pain** (neck chest or abdomen) within the first 24 hours, **vomiting** or **black tarry**

**stools** please contact the endoscopy unit at the hospital where you had your procedure Monday to Friday between 9am and 5pm on the telephone numbers on page 4 under **Contact Us**, and ask to speak to the nurse in charge. Outside of working hours, please go to your local Emergency department or alternatively, you can call your GP or NHS 111.

### **When can I get back to my normal routine?**

You should be able to return to work and all your usual activities the following day. Please be advised you cannot drive, sign legal documents or drink alcohol for 24 hours following sedation.

### **Where do I go?**

Please attend the Endoscopy Unit, St George's Hospital, First floor, St James' Wing, Blackshaw Road, London, SW17 0QT.

### **Is there parking at the hospital?**

There is a car park with the entrance located on Blackshaw Road. Please ensure you check the rates before parking.

### **Useful sources of information**

Patient info

<https://patient.info/treatment-medication/endoscopic-ultrasound-scan>

### **Contact us**

If you have any questions or concerns about your EUS, you can call the Endoscopy department on **020 8725 1913** Monday to Friday 9am to 5pm.

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### **Additional services**

#### **Patient Advice and Liaison Service (PALS)**

PALS can offer you advice and information when you have comments or concerns about our services or care. You can contact

the PALS team on the advisory telephone line Monday, Tuesday, Thursday and Friday from 2pm to 5pm.

A Walk-in service is available:

Monday, Tuesday and Thursday between 10am and 4pm

Friday between 10am and 2pm.

Please contact PALS in advance to check if there are any changes to opening times.

The Walk-in and Advisory telephone services are closed on Wednesdays.

PALS is based within the hospital in the ground floor main corridor between Grosvenor and Lanesborough Wing.

**Tel:** 020 8725 2453 **Email:** [pals@stgeorges.nhs.uk](mailto:pals@stgeorges.nhs.uk)

### **NHS Choices**

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health. **Web:** [www.nhs.uk](http://www.nhs.uk)

### **NHS 111**

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones. **Tel:** 111

### **AccessAble**

You can download accessibility guides for all our services by searching 'St George's Hospital' on the AccessAble website ([www.accessable.co.uk](http://www.accessable.co.uk)). The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.

