

Upper Endoscopic Ultrasound (EUS)

Go over this information well before your procedure date. **If you have any questions or need to reschedule, call your doctor's office (as written below).**

Patient Name: _____ is booked for a **Upper EUS** with

Dr. _____, **office phone** _____

on _____ . **Arrive at** _____ in the
(mmm/dd/yyyy) (time)

Admitting Department / Registration & Information Services of the:

Pasqua Hospital
4101 Dewdney Avenue
Regina, Saskatchewan
(306) 766-2441

An endoscopic ultrasound is an examination done with a flexible tube called an endoscope that has a built-in ultrasound probe. Ultrasound allows the gastroenterologist (doctor who specializes in conditions or diseases of the gastrointestinal [GI] tract) to look inside the tissue. By doing this, they examine the lining, muscles, and other layers of your upper GI tract, as well as nearby structures including the liver, gallbladder and pancreas for abnormalities.

Preparation

- **Stop eating and drinking 6 hours before your procedure.** To perform this procedure safely, it is very important that your stomach is completely empty.
- Take your regular medications, **EXCEPT** for blood thinners and diabetes medications. Take your medications with a small sip of water the morning of your procedure, unless otherwise instructed by your doctor.
- **If you are on medications that thin the blood** (anticoagulants, antiplatelets, or non-steroidal anti-inflammatories (NSAIDs), tell your gastroenterologist **BEFORE** your procedure date. These medications may need to be adjusted or temporarily stopped before your procedure.
- **If you have diabetes**, do not take your insulin or diabetes medication the morning of your procedure. Test your blood sugar and record the result to give to the nurse that admits you.
- If you have any disabilities or need help, you must have a responsible person go with you.
- Bring a list of your current medications to the hospital with you.
- The GI Unit (3C) is a scent free environment, **do not** wear any fragrances.
- Leave all jewelry, including body piercings, and valuables at home.
- **Do not** drink alcohol for 24 hours before your procedure.
- You are given sedation (medication to help you relax) for this procedure. Because of this, **you WILL NOT be able to drive for 24 hours following your procedure.** It is important you make prior arrangements for someone to pick you up from the unit. Your procedure may be cancelled if you do not have a ride home.

What to Expect

- The time you are asked to arrive in the admitting department is **NOT** your procedure time. **You may be required to wait several hours** after you have been admitted.
- Your nurse asks you questions about your health history, checks your vital signs, inserts an intravenous (IV), explains the procedure, and answers your questions.
- You are moved to the procedure room where your gastroenterologist talks to you about the procedure, reviews your history, and has you sign a consent form for the procedure, if you have not already done so.
- The nurses assist you into position on your left side and give sedation for your procedure.
- The procedure takes about 15 to 60 minutes.
- Complications are extremely rare but can occur. Your doctor discusses these with you.

After Your Procedure

- You are moved to the recovery area of the unit.
- Your nurse monitors your pulse, blood pressure, and oxygen level for about 1 hour.
- You may feel cramping and bloating after your EUS. This is caused by air placed in your stomach during the procedure. Once you pass this air, you will feel more comfortable.
- If your throat was frozen with a numbing spray for the procedure, you will not be able to eat, drink or smoke for 2 hours.
- Once you have fully recovered, the nurse will call your ride. They must come **up to the GI Unit (3C)** to pick you up. They will not be able to meet you at the front doors.
- Your nurse reviews and gives you written instructions to take home.