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# Upper Endoscopic Ultrasound

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Name: \_\_\_\_\_

Date of test: \_\_\_\_\_

Arrival time: \_\_\_\_\_

Time of test: \_\_\_\_\_

**Juravinski Hospital  
711 Concession Street  
Hamilton, Ontario  
L8V 1C3**

## **Where to go**

Check in at Patient Registration on the main floor. Then go to Section B, Level 3, Endoscopy Department.

Phone: 905-521-2100, ext. 42334

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

Endoscopic ultrasound (EUS) is a test that allows your doctor to examine your upper digestive tract including your esophagus, stomach and small intestine (duodenum).

Your doctor will place a thin, flexible tube called an endoscope, through your mouth and guide it through your digestive tract. The endoscope has a light and ultrasound probe. The probe uses sound waves to create pictures of your digestive tract on a screen.

## **Why is EUS done?**

EUS is used to assess abnormalities (abnormal areas) that were found on endoscopy or other imaging tests such as a CT or MRI scan.

EUS can provide a more detailed assessment of the area and obtain a biopsy (sample of tissue) if needed. This will help your doctor diagnose the abnormality and help guide treatment decisions.

## **Why is EUS used for patients with cancer?**

EUS is used to assess the extent of spread of cancers of the digestive tract. EUS allows your doctor to assess how deep the cancer has grown into the tissue and whether it has spread to nearby lymph nodes or organs. A needle biopsy (sample of tissue) can be done to confirm the diagnosis of cancer. This will help your doctor determine your treatment.

## Before you come to the hospital

Stop eating or drinking 6 hours before the test.

**TAKE** your usual medications with sips of water.

If you have diabetes, **DO NOT TAKE** your oral diabetes medicine or insulin on the day of your test.

If you are on blood thinners,

**STOP** \_\_\_\_\_ before the test.  
(medication) (days)

If you have been prescribed an antibiotic,

**TAKE** \_\_\_\_\_ before the test.  
(medication) (days)

Bring a list of all your current medications.

If you take Aspirin or NSAIDS such as Advil, Motrin, Ibuprofen, you may continue to take them as usual.

**If you must cancel or reschedule your appointment,  
please call 905-521-2100, ext. 42334 as soon as possible.**

## What happens during an EUS?

The doctor will spray your throat with a local anesthetic before the test begins. A mouth guard will be used to protect your teeth and gums.

You will lie on your left side. An intravenous (IV) will be put in your arm. Medication (a mild sedative) to help you relax will be given through the IV.

After you feel relaxed, your doctor will pass the ultrasound endoscope through your mouth, esophagus and stomach into the duodenum. The instrument does not block your breathing and you should not feel any pain.

Many patients do not remember the test, consider it only slightly uncomfortable, and fall asleep during it.

## **How long does an EUS take?**

The test takes less than 60 minutes.

Plan to be at the hospital for 2 to 3 hours, from start to finish.

## **What happens after EUS?**

You will stay in the recovery area until you are awake and ready to go home.

You will be given instructions on how to care for yourself when you get home.

Rest for the remainder of the day.

You may have minor problems such as a sore throat or bloating but these should go away within 24 hours.

You will be able to eat after you leave the test area, unless you are told otherwise.

Your doctor generally can let you know the results of the test that day. However, the results of some tests, including biopsies, may take several days.

## **Arrange for a ride home**

To go home safely after sedation, an adult must pick you up in the Endoscopy Room and take you home.

## What are the possible complications of EUS?

The test is generally safe although there can be some complications but these are rare. They include:

- Bleeding at the biopsy site. This is usually minimal and rarely needs follow-up.
- Infection at the biopsy site.
- Allergic reaction to the sedative (such as hives, low blood pressure, nausea, vomiting).
- Aspiration or backwash of stomach contents into your lungs. This can cause an infection.
- Perforation or tear through the lining of the digestive tract. This may need surgery to repair.
- Pancreatitis (inflammation of the pancreas).

The risk of complications increases slightly if you have a needle biopsy done during the EUS.

Your doctor will discuss these risks with you and the risks of having alternative approaches to your problem.

If you have any questions about your EUS or alternative approaches to your problem, please speak to your doctors (the referring doctor or the doctor who is doing the test).