

Endoscopic Ultrasound

Victoria General (VG) Site, QE II

Please arrive **1 hour before** your scheduled appointment time.

- **Register at a kiosk on the main floor of either the Dickson Building (main entrance) or the Centennial Building (main entrance).**

متوفر أيضاً باللغة العربية.

Also available in Arabic: AR85-2463

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CH85-2429

Aussi disponible en français :

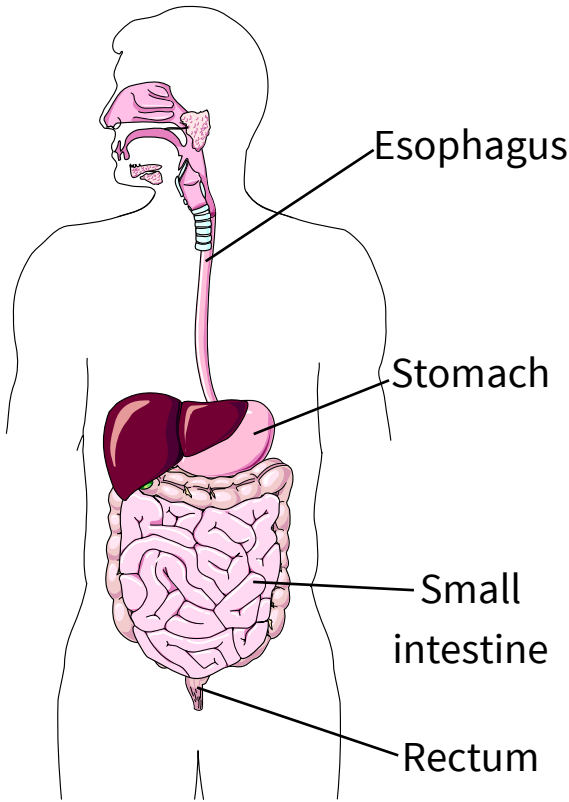
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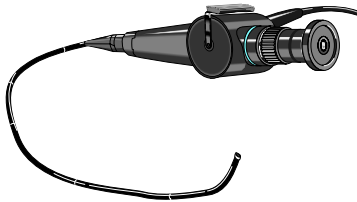
Endoscopic Ultrasound

What is an endoscopic ultrasound?

- An endoscopic ultrasound is a test that looks at your:
 - › Upper digestive tract (see page 2)
 - › Pancreas
 - › Gall bladder
 - › Bile ducts
 - › Mediastinum (structures in the middle of your chest)
 - › Rectum (bum), if needed
- Your upper digestive tract includes your:
 - › Esophagus (tube that connects your mouth to your stomach [belly])
 - › Stomach
 - › Duodenum (first part of your small intestine)
- Your doctor will usually focus on one area where they think there is a problem.



- This test is done with an endoscope. It is a flexible tube that has a light and a probe (small ultrasound tool) on the end.



- The probe sends out sound waves that bounce off the organ the doctor is looking at. These sound waves make a black-and-white picture. Your doctor may use a needle to get a tissue sample (called a biopsy), if needed.

How should I get ready for my endoscopic ultrasound?

Before your test

You will be given sedation (medication to help you relax) during this test.

- **You must have a responsible adult:**
 - › **Stay in the hospital during your test**
 - › **Take you home after your test.** You may take a taxi or a bus if a responsible adult is with you.
 - › **Stay with you overnight**
 - **If this is not possible, call your specialist before your test. We may have to cancel your test.**
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- If you are taking blood-thinning medication, please tell the booking clerk when you are given your appointment.

The day of your test

- Do not eat or drink anything for 8 hours before your test.
- If your test is in the morning, do not eat or drink after **midnight** the night before your test.



If you are having an endoscopic ultrasound of your rectum:

- You can eat and drink as usual, right up until your test.
- **You must take 2 Fleet® enemas at home before coming for your test.** An enema is a liquid that you put in your rectum to help remove all poop and clean your bowel.
 - › Take the first enema **the night before** your test (after supper).
 - › Take the second enema **2 hours before** your appointment.
- Bring a list of all your medications (including prescription and over-the-counter products, inhalers, creams, eye drops, patches, herbal products, vitamins, and supplements) with you to the hospital.

- Tell your health care team about any allergies you have.
- You may need antibiotic medication after the test to prevent infection. Your doctor will prescribe this, if needed.

If you need to cancel your appointment:

- › **Please call 902-473-6666** and listen for the option to leave a message.
- › This lets us book another patient in your time slot.

- **Do not** wear any jewelry or bring any valuables with you to the hospital. **The hospital is not responsible for the loss of any item.**
- **Do not** use scented products (like perfume or hair products). Nova Scotia Health is scent-free.

Where do I go for my test?

You must register at a kiosk on the main floor of either the Dickson Building (main entrance) or the Centennial Building (main entrance).

- Then, go to the 9th floor of the Victoria Building at the Victoria General (VG) site. Check in at the registration desk.
- Be sure that you have enough time to park before your appointment. Parking is limited.

How is the test done?

- We will put an intravenous (I.V.) in your arm or hand. We will give you medication through the catheter to help you relax and to help with any pain.
- We may spray your throat or ask you to gargle with a liquid that will freeze your throat. This is to help the tube go in without making you gag.
- The doctor will pass a flexible tube down your mouth and stomach into the first part of your small intestine, or into your rectum.
- As the tube moves through your throat, you may feel like you need to gag. You will still be able to breathe normally.

- When the tube is in place, the probe will send out sound waves to take a picture of your organs.
- The test usually takes about 20 to 45 minutes.

What will happen after the test?

- You will be taken to the recovery area until your sedation medication has worn off.
- If your doctor took a biopsy, you will need to stay in the recovery area for at least 60 minutes (1 hour).
- It is normal to feel full or like you need to pass gas after the test.
- You may have a change in your bowel habits (going to the bathroom), like soft stools (poops).
- **You must have a responsible adult take you home.**
 - › **Do not** walk home. You may take a taxi or a bus if a responsible adult is with you.

For the next 24 hours (1 day):

- › **Do not** drive a car or use a heavy machine (like a lawn mower, a tractor, or a forklift).
- › **Do not** drink alcohol.
- › **Do not** care for or help care for others (like young children or older family members).
- › **Do not** sign any legal forms or important documents (like a loan, a mortgage, or a will).



What are the risks of this test?

- The medication given during the test may cause heart and/or lung complications (like a fast, slow, or pounding heartbeat, or trouble breathing).
- There is a less than 1% risk of bleeding or having a tear in the digestive tract. If this happens, you may need surgery.

If your doctor took tissue biopsies from your pancreas, there is a 1 to 2% risk of bleeding, infection, and/or acute (very bad) inflammation (swelling) of the pancreas.

- Talk to your doctor if you have any questions or concerns about these risks.

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find all patient education resources here:
www.nshealth.ca/patient-education-resources

Connect with a registered nurse in Nova Scotia any time:
Call 811 or visit: <https://811.novascotia.ca>

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