

Endoscopic Ultrasound

Dartmouth General Hospital (DGH)

- Please arrive **45 minutes before** your scheduled appointment time.
- Register at a kiosk in the lobby of the Dartmouth General Hospital.
- You must have a responsible adult:
 - › Stay in the hospital during your test.
 - › Take you home after your test and stay with you overnight.

Endoscopic Ultrasound

What is an endoscopic ultrasound?

An endoscopic ultrasound is a test to look at your:

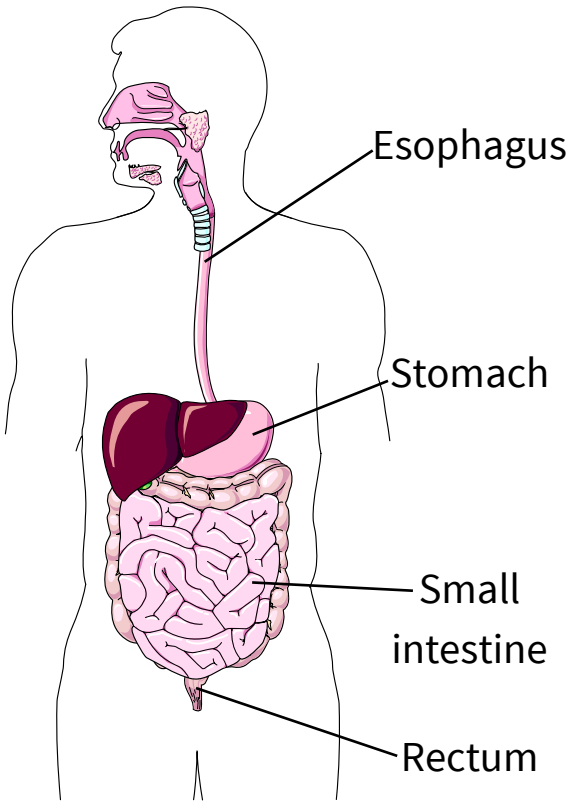
- › Upper digestive tract (see page 2)
- › Pancreas
- › Gall bladder
- › Bile ducts
- › Mediastinum (structures in the middle of your chest)
- › Lower gastrointestinal (G.I.) tract, if needed

What are your questions?

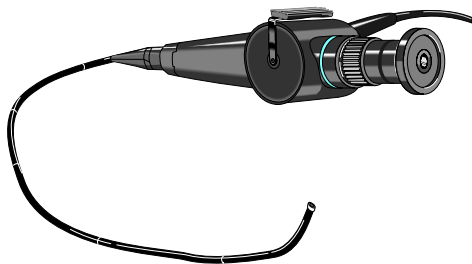
Please ask a member of your health care team. We are here to help you.

Your upper digestive tract includes your:

- › Esophagus (tube that connects your mouth to your stomach)
- › Stomach
- › Duodenum (first part of your small intestine)



- This test is done with an endoscope (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 (also called a **biopsy**)
 - › Put in a stent
 - › Give a treatment or medication injection, if needed

How should I get ready for my endoscopic ultrasound?

- When scheduling your appointment, tell the booking clerk right away if you take a blood thinner. Your doctor may need to ask you to stop taking it safely before your test.

Common blood thinners:

- › ASA (Aspirin®)
- › Warfarin (Coumadin®)
- › Heparin (Fragmin®)
- › Rivaroxaban (Xarelto®)
- › Apixaban (Eliquis®)

- Because you will be given sedation (medication to help you relax), you must have a responsible adult:
 - › Stay in the hospital during your test.
 - › Take you home after your test and stay with you overnight.

If this is not possible, call your specialist.
We may have to cancel the 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 do not need to fast for 8 hours.

- You can eat and drink as usual before your test.
- **You must take 2 Fleet® enemas at home before coming for your appointment.**
An **enema** is a liquid that you put in your rectum to flush your bowel clean.
 - › Take the 1st enema **the night before** your appointment (after supper)
 - › Take the 2nd 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 your test to prevent infection. Your doctor will prescribe this, if needed.

Please call 902-473-6666 if you need to cancel this test so we can book another person in your time slot. Please listen for the option to leave a message.

- **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 strong-smelling hair products). Nova Scotia Health is scent-free.

Where do I go for my test?

- **You must register at the kiosk on the main floor of the Dartmouth General Hospital (main entrance).**
- Follow the floor signs to get to the Endoscopy Clinic on the 3rd floor of the Neville J. Gilfoy wing. Check in at the registration desk outside of the Endoscopy Clinic doors once you get to the 3rd floor.
- **Please be sure to arrive 45 minutes before your scheduled appointment time.**

How is the test done?

- We will put an intravenous (I.V.) in your arm or hand. We will give you anti-anxiety medication to help you relax, and medication to help with any pain.
- We may spray your throat or ask you to gargle with a liquid that will freeze your throat.
- 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 passes through your throat, you may feel like you need to gag. You will still be able to breathe normally.

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

What will happen after the test?

- You will be taken to the recovery area. You will stay there until your sedation has worn off.
- You will need to stay in the recovery area for at least 60 minutes (1 hour) if your doctor:
 - › Took a biopsy
 - › Put in a stent
 - › Injected medication into an organ
- It is normal to feel full or like you need to pass gas after the test.
- Your bowel movements (poops) may change for a short time.
- **A responsible adult must take you home.**
 - › **Do not** walk or take the bus home. You may take a taxi **only if you go with a responsible adult** who can help you.

For the next 24 hours (1 day):

- **Do not** drive a car or use heavy machinery.
- **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, mortgage, or a will).



What are the risks of this test?

- With sedation medication, there is a chance of heart and/or lung complications (like a fast, slow, or pounding heartbeat, trouble breathing).
- There is a less than 1% risk of bleeding or having a tear in your 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.

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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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