

Endoscopic Ultrasound

Victoria General (VG) Site, QE II

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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Learn more:
<https://library.nshealth.ca/patient-education-resources>

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

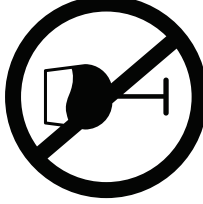
同时提供简体中文版

Also available in Simplified Chinese:
CH85-2429

Aussi disponible en français :
FF85-1793

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.

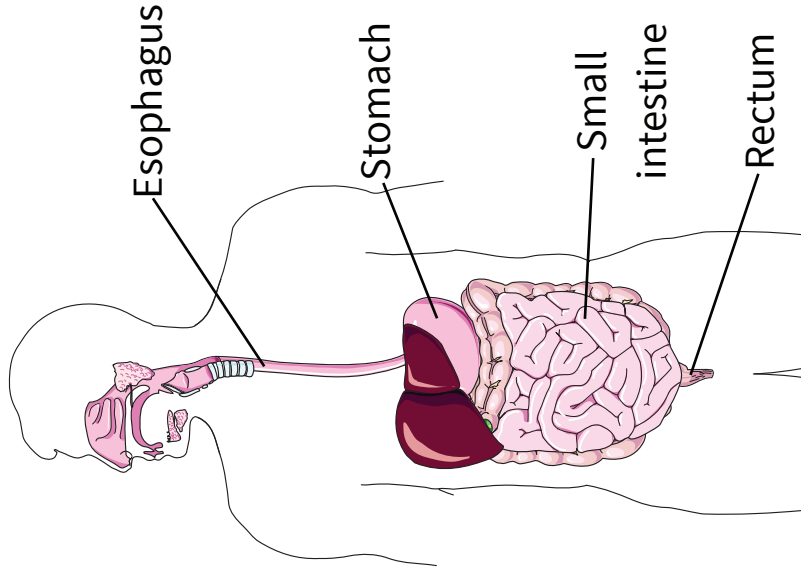
If your doctor took tissue biopsies from your pancreas, there is a 1 to 2% risk of bleeding, infection, and/or acute (very bad) inflammation (swelling) of the pancreas.

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

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.



- 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.

- 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.

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.

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.**
- 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.