



Patient & Family Guide

2023

Endoscopic Ultrasound

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Endoscopic Ultrasound

What is an endoscopic ultrasound?

An endoscopic ultrasound is a test to look at your:

- › Upper digestive tract (see page 2 for definition)
- › Pancreas
- › Gall bladder
- › Bile ducts
- › Mediastinum (structures in the middle of your chest)
- › Rectum, if needed

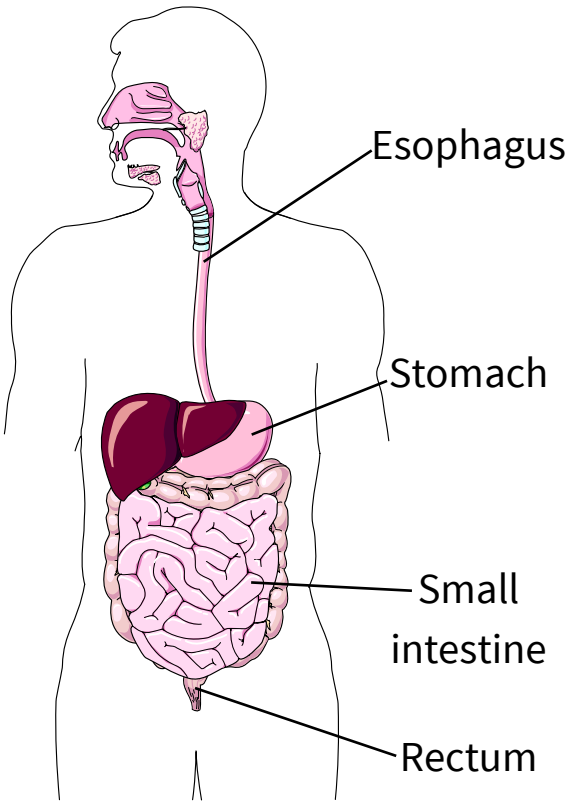
What are your questions?

Please ask. We are here to help you.

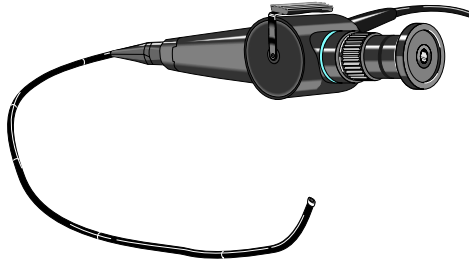
Your upper digestive tract includes your:

- › 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 (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 image. Your doctor may insert (put in) a needle to get a tissue biopsy (sample) if needed.

How should I get ready for my endoscopic ultrasound?

- If you are taking blood-thinning medication, please tell the booking clerk when you are given your appointment.
- **Because you will be given sedation to relax you, you must have a responsible adult stay in the hospital during your test. They must take you home after your test and stay with you overnight. If this is not possible, call your specialist. We may have to cancel your test.**

- **Do not eat or drink anything for 8 hours before the 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 must take 2 Fleet® enemas (a liquid that you put in your rectum to help remove all poop and flush your bowel clean) at home before coming for your appointment. The first enema should be taken the night before your appointment (after supper). Take the second enema 2 hours before your appointment.**
- Bring a list of any medications (including prescription and over-the-counter medications, inhalers, creams, eye drops, patches, herbal medications, vitamins, and supplements) you are taking 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.

- **Please call 902-473-6666 if you need to cancel this test** so we can book another patient in your time slot. Please listen for the correct 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 either the Dickson Building (main entrance) or the Centennial Building (main entrance).**
- Go to the 9th floor of the Victoria Building at the Victoria General (VG) Hospital site and 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?

- An intravenous (IV) catheter (tube) will be put in your hand or arm. You will be given anxiolysis medication to help you relax, and medication to help with any pain.
- You may have your throat sprayed or be asked 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 make a picture of your organs.
- The test should take about 20 to 45 minutes.

What will happen after the test?

- After the test, you will be taken to the recovery area until your anxiolysis medication has worn off.
- If your doctor took a biopsy, you will need to stay in the recovery area for at least **one hour**.
- It is normal to feel full or like you need to pass gas after the test.
- You may have a change in bowel habits (going to the bathroom), like soft stools (poop).
- **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 a heavy machine (like a lawn mower, tractor, or 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, mortgage, or will).



What are the risks of this test?

- With anxiolysis 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 the digestive tract. If this happens, you may need surgery.
- If tissue biopsies (samples) are taken from the 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 concerns about these risks.

Looking for more health information?

Find this pamphlet and all our patient resources here: <https://library.nshealth.ca/PatientEducation>

Contact your local public library for books, videos, magazines, and other resources.

For more information, go to <http://library.novascotia.ca>

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

Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

Nova Scotia Health promotes a smoke-free, vape-free, and scent-free environment.

Please do not use perfumed products. Thank you!

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The information in this pamphlet is to be updated every 3 years or as needed.