

# Endoscopic ultrasound (EUS)

## Information for patients attending King's College Hospital only

This information leaflet answers some of the questions you may have about having an endoscopic ultrasound (EUS). It explains the risks and the benefits of the test and what you can expect when you come to hospital. If you have any more questions, please do not hesitate to contact a member of staff.

### Endoscopy Unit

Denmark Hill Nurses' Station	020 3299 4079
Denmark Hill Reception	020 3299 3075

### Confirming your identity

Before you have a treatment or procedure, our staff will ask you your name and date of birth and check your ID band. If you do not have an ID band we will also ask you to confirm your address. If we do not ask these questions, then please ask us to check. Ensuring your safety is our primary concern.

## **What is an endoscopic ultrasound (EUS)?**

It is a procedure we use to diagnose problems in your oesophagus (food pipe), stomach, the first part of your small bowel and nearby organs such as your pancreas.

We put a long, thin, flexible tube called an endoscope into your mouth and down into your stomach. The endoscope is thinner than your little finger, and has a light, a small ultrasound device and a camera in its tip that sends video images and ultrasound pictures to a monitor screen.

## **Why do I need this test?**

Your hospital specialist has recommended you have this test to investigate the cause of your symptoms. Usually, we have already found an abnormality during another test that we need to get a closer look at.

During this test we can also take biopsies (small pieces of tissue) or fluid samples that we can look at in a laboratory to help us make a diagnosis.

It is important that you understand why you are having an EUS. If you are not clear about the reasons, please check with the endoscopist who sees you on the day of your procedure.

## **What are the benefits?**

A normal test can reassure you that all is well. It can also help us to make a diagnosis, sometimes by taking tissue biopsies or fluid samples.

## **What are the risks?**

An EUS is a safe procedure and most serious complications are very rare.

### **Common complications**

- **Sore throat** – your throat may be sore for a day or two after the procedure. This is not serious and will get better.
- **Bleeding** – it is common to have bleeding after a biopsy. This usually lasts no more than a few seconds. Sometimes you need treatment to stop bleeding during the test.

### **Rare complications**

- **Dislodged teeth, crowns or bridgework** – there is a small chance that loose teeth, crowns or bridgework can be dislodged during the procedure. If you have any of these, please tell the endoscopist.
- **Perforation** – there is a 1 in 1,500 risk of making a hole (perforation) during the procedure. We take every care to avoid perforation, but if it happens you will need to stay in hospital and have more tests such as an x-ray or CT scan. You may need surgery to mend the hole.
- **Pneumonia** – if you are very frail or have very severe breathing problems such as COPD (bronchitis or emphysema), you may develop pneumonia after the test.
- **Reactions to the sedative** – we give you the smallest dose of sedative possible to prevent you from having any side effects. If you do have a reaction, we can give you medication to reverse the effects of the sedative.

## **Are there any alternatives?**

You can have a CT scan so we can take x-ray images of this part of your body. But this is not a useful test for most conditions that require close examination, and we cannot take biopsies or fluid samples with a CT.

## Consent

We must by law obtain your written consent to any procedures beforehand. Staff will explain all the risks, benefits and alternatives before they ask you to sign a consent form. If you are unsure about any aspect of the treatment proposed, please do not hesitate to ask to speak with a senior member of staff.

### Where will I have the test?

We aim to carry out your test as soon as possible after we receive the request from your doctor. You will have it in a private consultation and examination room in the Endoscopy Unit or in a separate room on the ground floor of the Cheyne Wing. Please report to the Endoscopy Unit Reception first.

### Do I need to prepare for the EUS?

We need to get a clear view, so your stomach must be empty. Do not eat or drink anything for **six** hours before the test.

### Do I need to stop taking my medication?

If you take warfarin, aspirin or clopidogrel, please ring the Endoscopy Unit Nurses' Station for advice on **020 3299 4079** at least one week before your test. You may need to stop taking these before your test, but we need to make sure you do so safely.

If you are diabetic, please read our advice sheet, *Preparing for your colonoscopy – information for patients with diabetes*, which also covers what you should do about your medication if you are having a DBE. If you have not received it, please ring the Endoscopy Unit Reception using the relevant number on the front of this leaflet and we will send you a copy.

If you are taking any other medications, in general you can take these as usual, unless your doctor has advised you otherwise.

### Things to remember

- Please bring your reading glasses as you will need to read and sign your consent form. You may also want to bring something to read while you wait.
- We will give you a hospital gown to put on over your own clothes to protect your clothing so you do not need to bring anything to change into.
- Please do not bring children with you unless there is someone to look after them. We do not have any childcare facilities in the unit.
- **We cannot take responsibility for any valuables, but your things will be kept with you (on a shelf on the examination trolley) at all times.**

### What happens when I arrive for my test?

**Your appointment time is approximate.** You should plan to be in the Endoscopy Unit for the whole morning or afternoon.

A nurse will fill out an assessment form with you if you have not already done so. The endoscopist who is going to do your test will come and explain the procedure to you.

## **Do I need to have a sedative?**

Most people need a sedative. It relaxes you but you do not go to sleep and you are not unconscious. You will still be able to feel the endoscope being passed down your throat. Although this can be uncomfortable, the feeling lasts only a few seconds.

If you have a sedative, someone must come to collect you and take you home afterwards – not a taxi. We cannot give you the sedative unless you arrange to be collected.

After the sedative, you will feel drowsy for a while, so you should not drink alcohol, drive or use machinery for 24 hours after the test.

## **What happens before the test?**

We will ask you to put a hospital gown on over your own clothes in a changing cubicle and then make you comfortable on an examination trolley.

If you are having a sedative, a nurse or doctor will put a cannula into your arm or hand. This is a very thin plastic tube through which they can give you the sedative injection. You will be taken into the endoscopy room lying on the trolley.

A nurse will attach a monitor to your finger to measure your oxygen levels during the test and you will be given oxygen through nose prongs.

They will put a mouth guard in your mouth and ask you to bite gently on it. This makes it easier for the endoscope to be passed down your throat. You will then be given the sedative injection through the cannula.

## **What happens during the test?**

The endoscopist will gently put the endoscope into your mouth and pass it down into your stomach. They will view ultrasound images of your oesophagus, stomach, the first part of your small bowel and nearby organs on a screen.

A nurse will be with you at all times during your procedure. They will reassure you, talk you through what is happening and clear saliva (spit) from your mouth.

Even with the endoscope down your throat, there will still be more than enough room for you to breathe. You may be asked to concentrate on this during the procedure and to breathe in through your nose.

If the endoscopist takes biopsies, you will not feel this at all. They will tell you if they take any.

## **How long does the test take?**

It usually takes no longer than 30 – 45 minutes.

## **What happens after the test?**

You will need to stay in the Endoscopy Unit until the sedative has worn off. This usually takes at least 30 – 45 minutes. As soon as you are ready, we will offer you a drink and biscuits.

## **When will I get my results?**

Before you leave, we will make sure you have all the documentation and instructions you need. We will also send a copy of the test report to your GP (home doctor). Before you leave, we will give you a copy of your test report and any instructions you need. We will also send a copy of the test report to your GP (home doctor)}

## **Who can I contact with queries and concerns?**

If you have any questions, such as what to do about medication, before or after your test, contact the Endoscopy Unit Nurses' Station.

Tel: **020 3299 4079**, 9am – 5pm, Monday to Friday

If you want to change your appointment or need another information leaflet, contact Endoscopy Unit Reception.

Tel: **020 3299 3075**

At all other times, if you have any concerns after your procedure, call your GP or local Emergency Department (ED/A&E).

## **Sharing your information**

We have teamed up with Guy's and St Thomas' Hospitals in a partnership known as King's Health Partners Academic Health Sciences Centre. We are working together to give our patients the best possible care, so you might find we invite you for appointments at Guy's or St Thomas'. To make sure everyone you meet always has the most up-to-date information about your health, we may share information about you between hospitals.

## **Care provided by students**

We provide clinical training where our students get practical experience by treating patients. Please tell your doctor or nurse if you do not want students to be involved in your care. Your treatment will not be affected by your decision.

## **PALS**

The Patient Advice and Liaison Service (PALS) offers support, information and assistance to patients, relatives and visitors. They can also provide help and advice if you have a concern or complaint that staff have not been able to resolve for you. The PALS office is on the ground floor of the Hambleton Wing, near the main entrance on Bessemer Road – staff will be happy to direct you.

PALS at King's College Hospital, Denmark Hill, London SE5 9RS

Tel: **020 3299 3601**

Email: **kch-tr.palsdh@nhs.net**

You can also contact us by using our online form at **[www.kch.nhs.uk/contact/pals](http://www.kch.nhs.uk/contact/pals)**

**If you would like the information in this leaflet in a different language or format, please contact PALS on 020 3299 1844.**