



WAITEMATA  
**ENDOSCOPY**

## **ENDOSCOPIC ULTRASOUND**

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You have been advised by your doctor to have this test.  
This information pamphlet will help you understand this  
procedure and the preparation required.

**A partnership with Southern Cross Hospitals**

**Endoscopic Ultrasound** is a procedure where the doctor uses a thin flexible endoscope with a camera and an ultrasound probe on it to investigate your internal organs. The endoscope is passed through your mouth, down your throat and oesophagus to the stomach and possibly the small bowel. EUS allows your doctor to examine the lining and the walls of your gastrointestinal tract with the camera, and then also to study organs that lie outside but adjacent to the gastrointestinal tract with the ultrasound.

EUS will provide your doctor with a detailed picture of your anatomy and therefore help to diagnose diseases of the pancreas, bile duct, gallbladder and chest. EUS helps your doctor determine the extent of certain growths and to accurately assess their depth and whether there is spread to adjacent lymph glands or other organs. In some patients EUS can be used to obtain tissue samples to help your doctor determine the proper treatment, or to drain cysts. This is called FNA (fine needle aspiration).

### **Please inform us of any of the following;**

If you have had an allergy or previous bad reaction to medicines or anaesthetics.

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If you are taking medications to thin your blood, including **Warfarin, Clopidogrel (Plavix), Ticagrelor (Brilinta), Dabigatran (Pradaxa), Apixaban (Eliquis), or Rivaroxaban (Xarelto)** or arthritis medication. You may need to stop these medications or be given an alternative dose.

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If you suffer from prolonged bleeding/clotting disorders.

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If you have **diabetes** – You must discuss this with your doctor or nurse before undertaking any period of fasting.

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If you have heart & lung problems, including **artificial heart valves and pacemakers**.

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If you have **sleep apnoea** / or are using a CPAP machine.

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If you are **pregnant or breast feeding**.

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## 1 PREPARATION

You may need to have a blood test taken 2 or 3 days before your appointment and if you do require this you will be advised and a form will be provided. It is important that your stomach is empty for this procedure, so you will need to be Nil-By-Mouth (nothing to eat or drink) for 6 hours prior to your appointment time. However, if you normally take prescription medications please take these with a sip of water at the usual time.

As you are given sedation for this procedure, you must not drive a vehicle for 12 hours after. You must arrange for someone to collect you from the endoscopy suite and take you home after the procedure. Your total appointment time will be 2-3 hours

*It is important for Waitemata Endoscopy to know your medical history and in particular any previous endoscopies. Please bring a list of your current medication with you, together with any relevant x-rays, barium studies and CT scans. Also please advise us of any health problems you may have as these may interfere with your procedure, sedation or recovery.*



## 2 THE PROCEDURE

Your throat may be sprayed with local anaesthetic to make it numb to prevent gagging. Prior to the procedure, sedation is given intravenously to make you sleepy and relaxed. Your heart rate, blood pressure and oxygen levels will be monitored throughout. You will begin by lying on your left side with a small mouth guard inserted to protect your teeth. Your Endoscopist will pass a thin, flexible ultrasound endoscope tube into your mouth, past the back of your throat, down the oesophagus to the area to be examined. Swallowing the tube may feel uncomfortable but after this you will feel little or no discomfort for the rest of the examination.

The endoscope does not interfere with your ability to breathe or swallow. Your doctor will examine the digestive tract both visually and using ultrasound, and take samples where appropriate. The examination takes between 15 and 45 minutes.

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## 3 AFTER THE TEST

You will be kept under observation until the initial effects of the medication has worn off. Light refreshments are offered. The doctor or nurse will discuss the procedure with you and will give you written discharge information. The report and any FNA sample results will be sent to your family doctor and the specialist who referred you for the test.

***If you have been given sedation, you must arrange for a friend or relative to take you home - even if you feel wide awake. You cannot drive a car, drink alcoholic beverages, travel on public transport alone, operate machinery, sign any legal documents or make any important decisions for 12 hours; as you will still be under the influence of the sedation.***



## RISKS

Although complications can occur, they are rare. Complications can include; reaction to sedatives, backwash of stomach contents into the lungs, or complications from pre-existing heart or lung diseases.

One major but very rare complication of EUS is perforation. This is a tear of the lining of the gut that would require hospitalisation and possibly surgery to repair.

Depending on the areas being sampled, a complication of FNA can include bleeding from the sample site, infection or inflammation of the pancreas (pancreatitis).

These risks must be weighed against the potential benefits of the procedure and the risks of alternative approaches.

***If you would like to discuss these rare complications further, or if you have any other questions, please ask the doctor or nurse before your procedure.***



**The Waitemata Endoscopy EUS Suite  
is based at Southern Cross Hospital,  
North Harbour.**

The team welcomes referrals to the group or  
to an individual specialist, and can also offer:

- // early appointments for urgent cases
- // inpatient endoscopy
- // anaesthetist assistance if required

**Contact Waitemata Endoscopy on**

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