

PALM BEACH SURGERY CENTER, LLC

Understanding EUS (Endoscopic Ultrasonography)

What is EUS?

Endoscopic ultrasonography (EUS) allows your doctor to examine your esophageal and stomach linings as well as the walls of your upper and lower gastrointestinal tract. The upper tract consists of the esophagus, stomach and duodenum; the lower tract includes your colon and rectum. EUS is also used to study other organs that are near the gastrointestinal tract, including the lungs, liver, gall bladder and pancreas.

Endoscopists are highly trained specialists who welcome your questions regarding their credentials, training and experience. Your endoscopist will use a thin, flexible tube called an endoscope that has a built-in miniature ultrasound probe. Your doctor will pass the endoscope through your mouth or anus to the areas to be examined. Your doctor then will use sound waves to create visual images of the digestive tract.

Why is EUS done?

EUS provides your doctor with more information than other imaging tests providing detailed images of your digestive tract. Your doctor can use EUS to diagnose certain conditions that may cause abdominal pain or weight loss.

EUS is also used to evaluate known abnormalities, including lumps or lesions, which were detected prior to an endoscopy or were seen on x-ray tests, such as a computed tomography (CT) scan. EUS provides a detailed image of the lumps or lesion, which can help your doctor determine its origin and help treatment decisions. EUS can be used to diagnose diseases of the pancreas, bile duct and gall bladder when other tests are inconclusive or conflicting.

Why is EUS used for patients with cancer?

EUS helps your doctor determine the extent of spread of certain cancers of the digestive and respiratory systems. EUS allows your doctor to accurately assess the cancer's depth and whether it has spread to adjacent lymph glands or nearby vital structures, such as major blood vessels. In some patients, EUS can be used to obtain a needle biopsy of a lump or lesion to help your doctor determine the proper treatment.

How should I prepare for the EUS?

For EUS of the upper intestinal tract, you should have nothing to eat after midnight. You may have clear liquids up to 4 hours before the exam.

For EUS of the rectum or colon, your doctor will instruct you to either consume a colonic cleansing solution or to follow a clear liquid diet combined with laxatives or enemas prior to the examination. The procedure may have to be rescheduled if you don't follow your doctor's instructions carefully.

What about my current medications or allergies?

You can take most medications as usual until the day of the EUS examination. Tell your doctor about all medications that you are taking and about any allergies you have. Anticoagulant medications (blood thinners such as warfarin or heprin) may need to be adjusted before the procedure.

You may only take heart and blood pressure pills on the day of the exam with a small sip of water.

If you have an allergy to latex, you should inform your doctor prior to your test. Patients with Latex allergies often require special equipment and may not be able to have a complete EUS examination.

Do I need to take antibiotics?

Antibiotics are not generally required before after EUS examinations. However, you doctor might prescribe antibiotics if you are having specialized EUS procedures, such as to drain a fluid collection or cyst using EUS guidance.

Should I arrange for help for help after the examination?

If you received sedatives, you will not be allowed to drive after the procedure, even if you do not feel tired. You should arrange a ride home in advance. You should also plan to have someone stay with you at home after the examination, because the sedative could affect your judgment and reflexes for the rest of the day.

What can I expect during EUS?

You will receive sedative intravenously to help you relax. You will most likely begin by lying on your left side. After you receive sedatives, your endoscopist will pass the ultrasound endoscope through your mouth, esophagus and stomach into the duodenum. The instrument does instrument does not interfere with your ability to breathe. The actual examination generally takes less than 60 minutes. Many do not recall the procedure.

An EUS examination of the lower gastrointestinal tract can often be performed safely and comfortable without medications, but you'll receive a sedative if the examination will be prolonged or if the doctor will examine a significant distance into the colon. You will start by lying on your left side with your back toward the doctor. Most EUS examinations of rectum generally take less than 45 minutes. You should know that if a needle biopsy of a lesion or drainage of a cyst is performed during the EUS, then a the procedure will be longer and may take up to 2 hours.

What happens after an EUS?

You will be monitored in the recovery area until most of the sedative medication's effects have worn off. If you had an upper EUS, your throat may be a little sore. You might feel bloated because of the air and water that were introduced during the examination.

You'll be able to eat after you leave the procedure area, unless instructed otherwise.

Your doctor generally can inform you of the preliminary results of the procedure that day, but the results of some tests, including biopsies, may take several days.

What are the possible complications of EUS?

Although complications can occur, they are rare when doctors with specialized training and experience perform the EUS examination. Bleeding might occur at the biopsy site, but it's usually minimal and rarely requires follow-up. You might have a slight sore throat for a day or so.

Other potential but uncommon risks of EUS includes a reaction to the sedatives used, aspiration of the stomach contents into your lungs, infection, and complications from heart or lung disease. One major but very uncommon complication of EUS is perforation. This is a tear through the lining of the intestine that may require surgery to repair.

The possibility of complications increases slightly is a needle biopsy is performed during EUS examination, including an increased risk of pancreatitis or infection. These risks must be balanced against the potential benefits of the procedure and the alternatives approaches to the condition.

No Aspirin or Plavix can be taken 1 week prior to procedure being performed

Appointment Date/Time: _____