

Endoscopic ultrasound



What is an endoscopic ultrasound?

An endoscopic ultrasound (EUS) is a procedure that combines the ability to look directly at the lining of the oesophagus (gullet) and stomach, as well as structures lying adjacent to the gullet and stomach, with ultrasound.

This enables accurate assessment of these structures/organs with an ability to take a biopsy, if required. This is done using an ultrasound scope, which is a long flexible tube. It is passed into the mouth, down the gullet and into the stomach/ first part of the small intestine if needed. The endoscopist will explain everything in much greater on the day of the test.

Why do I need it?

To assist in your diagnosis and help plan your treatment.

Are there any alternatives?

Due to the unique information obtained from an EUS there are no real alternatives.

How do I prepare for it?

To get a clear view for this procedure your stomach must be empty. Do not have anything to eat for at least six hours before the test. If your appointment is:

- in the morning – have nothing to eat or drink after midnight
- in the afternoon – you may have a light breakfast no later than 8am, and small amounts of water until 6 hours before your appointment.

What will happen?

The doctor will be happy to answer any of your questions as we want to make sure you understand the procedure and its implications.

For your comfort and reassurance, a trained nurse will stay with you throughout the procedure. In the procedure room you will be asked to remove any false teeth or glasses.

1. You will be made comfortable on a couch on your left hand side.
2. An injection is given into a vein to make you feel relaxed and sleepy but not unconscious. The injection will contain a mild sedative that can make you feel slightly unsteady for 24 hours.

3. The endoscopist will gently pass the tube through your mouth.
4. You may burp a little and some people may find this uncomfortable but this should settle. However if you make it clear you are too uncomfortable the procedure will be stopped.
5. Samples/biopsies may be taken – you should not get any discomfort from these.

How long will it take?

Expect to be in the department for around three to four hours. Though we try to make sure you are seen promptly, we also look after emergency patients who take priority over routine procedures.

Can I bring someone with me?

Yes, but due to restricted space in our waiting area, please bring only one friend or relative with you.

Will I have sedation?

Yes. Sedation and a pain relief drug will be injected into the cannula in your hand. You will feel drowsy and relaxed but you won't be unconscious. You will be in a state called conscious sedation. This means that you will still hear what is said to you and will be able to follow simple instructions but are unlikely to remember anything about the procedure.

Are there any risks?

Diagnostic endoscopic ultrasound procedures carry a very small risk of haemorrhage (bleeding) or a perforation (tear) of the gut, following which surgery may be necessary. This will be explained to you in detail on the day of your procedure.

What happens afterwards?

Following your test you will be taken to the recovery area. Once recovered you will receive some discharge information and will be free to leave as long as you are accompanied by a responsible adult.

What happens afterwards? (continued)

You will not be able to operate machinery, take alcohol, sign legal documents or drive for at least 24 hours, though insurance companies vary and you should check with your insurance company if you need to drive between 24 and 48 hours. You will need someone to escort you home and stay with you at least overnight.

When will I get my results?

You will receive a copy of the procedure report before you go home. The results will be sent to your GP or a clinician in the outpatient clinic or on the ward will discuss the results with you.

Contact us

If you have any queries please contact the Endoscopy Booking Office using the contact telephone number on your appointment letter. The office is open Monday – Friday 9am – 4pm.

If you would like this leaflet in large print, braille, audio version or in another language, please contact the Patient Advice and Liaison Service (PALS) on 01872 252793

