

What is EUS?

Endoscopic ultrasound, or EUS, is a specialised technique used to examine the lining and walls of your upper gastrointestinal tract including the oesophagus, stomach and duodenum. EUS is also used to study internal organs that lie next to the gastrointestinal tract, such as the liver, gallbladder, bile ducts and pancreas. EUS provides more detailed pictures of your digestive tract anatomy than other imaging such as CT scan, MRI scan or ultrasound. EUS is also used to evaluate abnormalities (a growth or lesion) that were detected at a prior endoscopy or scan. A thin flexible tube called an endoscope is passed through your mouth to the area to be examined. The ultrasound component is then activated which produces sound waves that create images of the digestive tract on an external monitor. A fine needle aspirate, FNA, can also be performed at the time if a sample of tissue from a growth or lesion is needed for examination.

How are you prepared?

You must fast for at least 8 hours prior to the procedure to ensure you have an empty stomach.

Special considerations

Generally you should take your regular medications on the morning of the procedure, however if you are taking blood-thinning medications you will need to discuss this with Dr Holt. Please advise if you are diabetic or have a pacemaker.

What happens on the day of the procedure?

- § Come to the Endoscopy Unit at the time you are told. Don't bring any valuables.
- § You will be admitted by a nurse.
- § Local anaesthetic spray and intravenous sedation are used to make you comfortable. Some patients also receive antibiotics before or during the procedure.
- § You will lie on your left side during the procedure. EUS usually takes around 15 to 45 minutes to perform. The instrument does not interfere with breathing. Most patients remember little or none of the procedure.

What happens afterwards?

- § After the procedure you will be taken to the Recovery Area until any sedation wears off – you may have some bloating and discomfort from the air inserted during the procedure, which will pass.
- § You must remain fasting for **30 minutes** then can resume a normal diet.
- § You may not drive yourself, sign legal documents, or drink alcohol that day. An adult needs to take you home and stay with you.

If you are in severe pain, please contact Dr Holt or present at your local emergency department.