



Endoscopic Ultrasound (EUS)

Testing Location
River Woods Outpatient Center 375 W. River Woods Parkway Glendale, WI 53212

What is an Endoscopic Ultrasound?

This is a diagnostic procedure used to obtain images and information about the digestive tract and surrounding tissues and organs. EUS combines endoscopy with ultrasound. Endoscopy is a procedure of inserting a long, flexible, lighted tube via the mouth or rectum to visualize the digestive tract. Ultrasound uses high-frequency sound waves to produce images of the organs and structures in the body. In EUS the endoscope has a small ultrasound transducer installed in the tip, and when inserted into the upper or lower GI tract the doctor can obtain a much higher quality ultrasound image of the organs than traditional ultrasound. These images are more detailed and can provide information about tissue layers, lymph nodes, and blood vessels. The doctor can obtain tissue samples from enlarged lymph nodes or suspicious tumors by passing a thin needle. This process is called fine needle aspiration (FNA).

What happens during the test?

- You will be asked to remove your clothing, and will be provided with a hospital gown/bathrobe.
- A nurse will complete your admission process. The nurse will check your vital signs, listen to your heart and lungs, review your health history, and review your medications.
- You may need to have blood work drawn before the procedure, particularly if you are on blood thinners.
- You may need IV antibiotics before the procedure.
- An intravenous line will be placed, allowing the nurse to sedate you with a sedative and a narcotic when the time is right.
- You will be taken into the GI Lab Procedure room and be comforted with warm blankets as the staff attaches a blood pressure cuff, heart rhythm monitoring, and oxygen monitoring.
- The doctor will explain the procedure, and will obtain your consent. You will have time to ask questions or talk about concerns.
- Dentures will be removed if an upper procedure is being done.
- If you are having an upper exam, you will receive numbing medicine to swallow to comfort the back of your throat and minimize gagging.
- You will be positioned on your left side, and sedation will begin soon after.

- You will have a bite block positioned in your mouth just prior to falling asleep. The bite block has a hole, allowing the doctor to advance the endoscope in your mouth as you sleep and relax your jaw on the plastic.
- You could have some minor bloating or gassiness after the procedure, as the doctor needs to inflate portions of the GI tract during the procedure.
- After the procedure, you will be taken to the recovery area. Recovery is typically one hour.

How do I prepare for the test?

- No solid food after midnight. No liquids by mouth 6 hours prior to your procedure.
- If you are having a Lower EUS, your doctor may want you to take an enema before your arrival. Your doctor's office will let you know at the time of scheduling.
- Find a responsible adult to drive you home after sedation.
- Plan on taking it easy once you get home. No driving, operating heavy machinery, going to work, or drinking alcoholic beverages until the following day.

Do I need to have someone drive me to and from the testing location?

- Yes, you will need a responsible adult to take you home if you have sedation.
- If you are having a Lower EUS, you could choose to not have sedation. A discussion with your doctor can help you decide. If you do not have sedation, you may drive yourself home.

Should I take my medications on the day of the test?

A nurse will call you a few days prior to your test, review your medication list, and instruct you on medications you should hold. Typically, blood thinners are held 5 days before the procedure.

How long does the test take and how long will I be at the testing location?

The procedure length varies depending on what the doctor is looking at and if any tissue samples are needed with a FNA. The range in procedure time could be 30-90 minutes.

Are there any instructions I need to have or follow after the test?

- The discharge nurse will inform you of any special instructions to follow based on your finding.
- You will be informed when to resume any medications that may have been held.

How do I get my test results?

Sometimes the doctor can tell you the findings the day of your procedure. However, due to sedation, you are going to be forgetful and may not remember. You may choose to have the person driving you home hear the findings and discharge instructions to share with you once the sedation has worn off. You will have written discharge instructions. Specimens sent to the lab take about 2 days to get results. Your doctor will send you a letter in the mail, and/or ask you to return for a follow up appointment in the clinic.

On the day of your test, please let your caregiver know about:

- Allergies
- Diabetes
- Blood thinners
- Cardiac/Respiratory Disease
- Pacemaker/Defibrillator
- Mobility issues
- Sleep apnea
- Recreational drug use
- Use of medications for pain, anxiety, or depression.
- Pregnant/Nursing

Other Information I need to know:

- **Please follow all the test instructions to ensure that your test can be done as scheduled and with optimum results.**
- **Your appointment is very important to us. If you need to cancel, please notify us the day before your test; or as soon as possible.**
- **If you have questions about the information in this guide or not sure which patient information guide is right for you, please call your doctor.**