

***After your Endoscopic Ultrasound***

1. You will be monitored in a recovery room until most of the effects of sedation have worn off.
2. You may have a sore throat or some mild abdominal cramping after your procedure. The abdominal cramping may disappear when you pass wind.
3. Because of the sedation you will not be able to drive, operate machinery, sign legal documents or drink alcohol for the rest of the day. You must have a friend or relative to accompany you home by car or taxi and they must stay with you overnight.
4. A copy of your procedure report will be given to you to take to your referring doctor.
5. It is important for you to recognise early signs of possible complications. If you have severe abdominal pain, fevers and chills or bleeding from the bowel you should contact the Emergency Department on (03) 9231 4364.

**To confirm or cancel your appointment or if you require further assistance**

Contact

St Vincent's Waiting List Officer (general enquiries)

Tel: (03) 9231 2272 (Monday to Friday, 8.30am – 4.30pm)

If your clinical condition has changed since your initial assessment, please contact the Liaison Nurse on (03) 9231 4232.

Address

Day Procedures and Endoscopy  
St. Vincent's Hospital  
1<sup>st</sup> Floor, Main Hospital, Building A  
Princes Street  
Fitzroy VIC 3065



*Endoscopic Ultrasound*

***E.U.S.***

Essential information and  
Instructions for Patients

**MUST READ**

### *The procedure*

Your doctor has referred you for an Endoscopic Ultrasound (E.U.S.)

An E.U.S. scope has an ultrasound transducer built into the tip. It provides both endoscopic and ultrasound pictures.

Ultrasound enables examination of tissue beyond the GI mucosal surface.

It is used to assess the pancreas, stomach, oesophagus and biliary system.

By passing a needle through the endoscope, samples are gathered.

It is important that you follow the instructions in this brochure carefully to ensure that your procedure is effective.

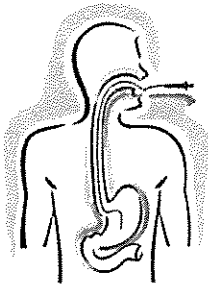


Image courtesy of [www.gesa.org.au](http://www.gesa.org.au)

### *Safety and risks*

Endoscopies are usually simple and safe procedures. However, there are some rare complications which you should be aware of.

These may include:

- Bleeding
- Reaction to sedatives
- Complications from heart or lung disease
- Perforation ( a tear in the gastrointestinal tract lining)

It is possible if these serious complications occur that you may require surgery or blood transfusion.

### *One week before your Endoscopic Ultrasound*

1. Call the Waiting List Officer on 9231 2272 to confirm your appointment.
2. Arrange for a friend or relative to accompany you home by car or taxi after your procedure and they must stay with you overnight.
3. If you have diabetes and take any tablets or insulin, you must discuss this with your GP.

### *On the day of your Endoscopic Ultrasound*

1. You may eat and drink normally up until 7am. No solid food or milk should be consumed after this time.
2. You may drink **water** or **apple juice** (CLEAR not cloudy) up until **11am** to assist with your hydration.
3. You may take your usual medications with the above fluids at 6am, except for medications that are being withheld for the procedure.
4. Wear comfortable clothing and flat shoes. DO NOT wear jewellery or bring valuables.
5. Please report to the reception desk – Day Procedures, 1<sup>st</sup> Floor, Main Hospital Building A at the time of your appointment.
6. Prepare to be at St. Vincent's for a minimum of 5-6 hours (bring something to read).