

Endoscopic Ultrasound

Endoscopic ultrasound (EUS) is a specialized endoscopic procedure that is used for the evaluation of many disease processes such as pancreatic cysts, bile duct stones, pancreatic or bile duct abnormalities, masses (pancreas, liver, esophagus, stomach, small intestine, lymph nodes, colon) and staging of cancers. EUS guided biopsies can be performed to obtain tissue samples to make a diagnosis. Lastly, EUS is also used to drain cysts internally and get access to a ductal system that is obstructed.

What happens the day before the procedure?

- EUS of the upper gastrointestinal system requires no bowel preparation.
- EUS of the rectum or colon will require the administration of enemas on the morning of the procedure. Instructions will be given to you if this is the case.
- Do not eat or drink anything after MIDNIGHT the night before the procedure. For example, if your EUS is on Friday morning, you can eat or drink until 11:59 PM on Thursday.

What happens on the procedure day?

- You will show up to the procedure center and meet with the anesthesiologist who will place an intravenous line (IV) in order to administer a sedative to make you comfortable during the procedure.
- You will not remember or feel any discomfort during the procedure.
- Once sedated, the ultrasound endoscope, which is a flexible tube with a camera and ultrasound probe on the tip, will be inserted through the mouth. The ultrasound endoscope will be gently advanced through the esophagus, stomach and small intestine.
- Procedures such as biopsies or treatment will be done.
- Pictures will be taken for you to view at the end of the procedure.
- Biopsy specimens will be sent to the pathology lab for evaluation.
- Somebody from my office will call you within 1 week to discuss the pathology results.
- Procedure times will range from 15 minutes to 1.5 hours depending on the complexity of the case.

What can I expect after an EUS?

- The majority of patients do not experience any symptoms after the procedure.
- Some patients may experience slight bloating and cramping after the procedure.
- You will be observed in the recovery room in compliance to standard safety protocol.
- You will be discharged with your accompanying ride.
- Even though you may feel fine after the procedure, you **MUST** have somebody drive you home from the procedure center due to your exposure to anesthesia during the procedure.
- Generally you should not expect to go to work on the day of your endoscopy.
- You will receive a phone call within the week to discuss any pathology results.
- You can eat a regular diet unless you are instructed otherwise.
- If you had biopsies performed, you will be given instructions to avoid certain medications such as Non-Steroidal Anti-Inflammatory Drugs (Advil, Naproxen, Ibuprofen, etc.), antiplatelet drugs (Aspirin, Plavix, etc.) and other blood thinners (Coumadin/Warfarin, Lovenox, Heparin, etc.).