

Esophageal Endoscopic Ultrasound (EUS) Pre- & Post-Procedure Instructions

What is an Esophageal Endoscopic Ultrasound(EUS)?

EUS is a procedure used to evaluate how deeply an esophageal tumor has grown into the wall of the esophagus using a scope with an attached ultrasound probe to bounce sound waves off the wall of the esophagus that define its multiple layers. EUS helps with staging of esophageal cancer. EUS may also be used to study internal organs that lie next to the esophagus and stomach such as the pancreas and aorta. The endoscope is passed through the mouth (as for an EGD) to the area in the esophagus to be examined, and sound waves are generated and create visual images of the esophageal tumor and underlying wall.

What happens during the procedure?

- The throat is sprayed with a local anesthetic before the test begins.
- Intravenous sedation is administered, and the patient lies on the left side.
- The doctor passes the ultrasound endoscope through the mouth, esophagus and stomach and into the duodenum. The instrument does not interfere with the patient's ability to breathe.
- The actual examination generally takes between 15 to 45 minutes. Most patients consider it only slightly uncomfortable, and many fall asleep during it.

What Happens after the procedure?

- The patient is monitored in the recovery area until most of the sedative medication's effects have worn off.
- After an EUS a sore throat for 24 hours is common.

- Patients may feel bloated because of the air and water that were introduced during the examination.
- Eating after discharge from the recovery area is permitted unless instructed otherwise.
- The doctor can generally report the results of the procedure the same day, but the results of lymph node biopsies during EUS will take longer.
- A responsible adult (over age 18) must accompany the patient home from the endoscopy, as drowsiness and unsteadiness on one's feet after sedation is common.
- Because judgment can be impaired after this procedure, the patient is not released to public transportation, a taxicab driver, or even allowed to walk home without another accompanying responsible adult.

How do I prepare for this procedure?

The patient should have no solid food to eat for six (6) hours before the examination but may have clear liquids such as tea, water, black coffee, (but nothing that is red orange or purple) up to two (2) hours before the EUS.

What are the risks associated with this procedure?

- Diagnostic endoscopic ultrasound procedures carry a very small (1-5%) risk of bleeding or perforation (tear) of the esophagus or stomach. In such an event, the patient must remain in the hospital for further observation and treatment, which may include surgery.

Will I have any restrictions after the procedure?

- Do not drive for 24 hours after a procedure which requires sedation
- Do not operate heavy machinery, make important decisions, or drink alcohol for 24 hours after the procedure.

When should I call my doctor?

- If there is severe pain in the throat, chest, back, or upper abdomen within 24 hours of the EGD.
- If there are any side effects of medication, such as, rash, nausea, headache, or vomiting (which could represent an allergic reaction)
- If there is an oral temperature over 101 degrees

Who should I call if I have questions?

- Please contact our clinic at 734-936-8857 during office hours (Monday - Friday, 8 a.m. - 4:30 p.m.).
- After hours, holidays, and on weekends call Hospital Paging at (734) 936-6267 and ask for the General Thoracic Surgery Resident on call.

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