

Preparing for your upper endoscopic ultrasound

Your appointment:

Hospital: _____ Address: _____

Date: _____ Time: _____

Doctor's name: _____

Your appointment time is not the actual time of your exam.

If you cannot make it to your appointment, please let us know
at least 5 days in advance by dialling 514 338-2222, option 1, ext. 1507.



Preparing for your upper endoscopic ultrasound

You will soon be having an upper endoscopic ultrasound. Here is how to prepare for it and some advice for your return home.

What is an upper endoscopic ultrasound?

An upper endoscopic ultrasound enables the doctor to examine the inside of the upper digestive tract (esophagus, stomach and duodenum), the liver, the pancreas and the nearby organs (bladder and bile ducts).

To do so, a flexible tube equipped with a camera and an ultrasound probe is inserted via the mouth. This tube allows for obtaining images during the exam. It also allows the doctor to remove samples in order to clarify the diagnosis and determine the treatment.

What are the possible side effects?

- Nausea
- Bloating
- Throat pain when swallowing up to 36 hours after the exam
- Sputum with a little blood

What are the risks of complications?

Upper endoscopic ultrasound complications are very rare:

- Significant bleeding (less than 1%)
- Perforation (less than 1%)
- Infection (less than 1%)
- Sedation-related cardiorespiratory complications (0.5 %)

How do I prepare for my upper endoscopic ultrasound?

If one of the following situations applies to you and you forgot to tell us about it when making your appointment, call us without delay at 514 338-2222, option 1, ext. 1507.

Medication

- If you take blood thinners (Fragmin, Lovenox, Innohep, Coumadin, Heparine, Plavix, Pradaxa, Brilinta Xarelto, Eliquis, Lixiana, etc.).

Health status

- If you recently had surgery involving the digestive, abdominal, cardiac or pulmonary system.

You may need to stop taking certain medications a few days before the exam. **It is important to follow the instructions that your doctor will give you.**

Medications to stop taking:

Stop date:

If you have questions about medications, call the access point nurse at 514 338-2222, option 1, ext. 1507.



Diet

It is important to follow the instructions below so that the doctor can carry out a quality exam.

At midnight the day of the exam

- Be completely fasting, meaning that you must not eat (gum and candy included) or drink.
- If necessary, you can drink **a few sips of water** to help you taking your medications up to 3 hours before the exam.
- Take your usual medications (**except those stopped for the exam**) with a few sips of water the morning of the exam.

For diabetic persons

- Do not take rapid-acting insulin.
- Do not take your diabetes pills.
- Take half your usual dose of pre-mixed insulins.
- Take half your usual dose of slow-acting insulins (Lantus, Levemir, NPH, Humulin N etc.).

Tips for persons with diabetes

- Monitor your sugar levels regularly using a glucose meter. Be sure to drink clear, pulp-free fruit juice (apple, white grape, white cranberry, lemonade) regularly up to 3 hours before your exam.
- If you think you are becoming hypoglycemic (drop in blood sugar level), take 1 tablespoon of concentrated sugar (honey, syrup, candy) even while you must be fasting.

How do I get ready for my appointment?

You must bring:

- Your health insurance card.
- If you have a pacemaker, bring your card.
- Your up-to-date list of medications, including natural products and over-the-counter medications. Your pharmacy can provide you with this list or you can print it from your online health booklet at: <https://carnetsante.gouv.qc.ca/portail>.



You must remove all your jewelry and piercings to avoid burns related to the use of electrical devices during the lower endoscopic ultrasound.

You must be accompanied by an adult for your return home.

Plan for a half-day at the hospital.



The day of your upper endoscopic ultrasound

1. Reception station

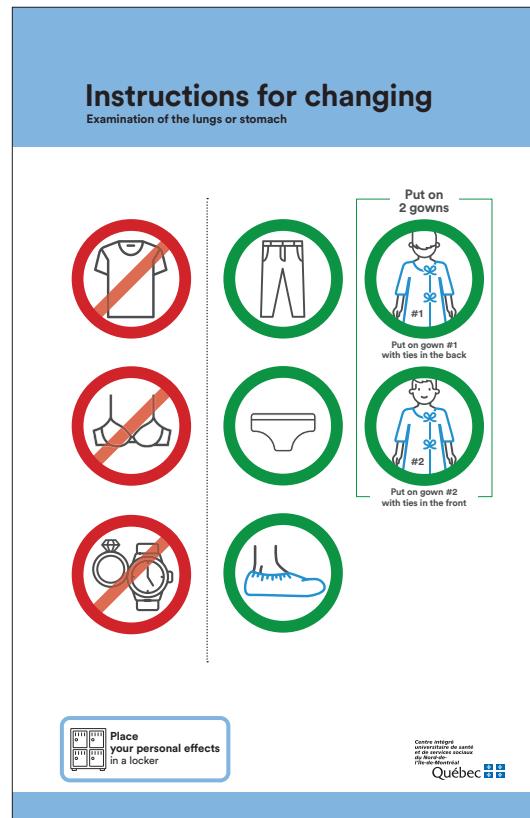
- Go the endoscopy reception station.
For directions, please go to hospital reception.
- Have your health insurance card with you.
- You will then receive important information for your exam.

2. When you arrive at the endoscopy unit

- You are then directed to the waiting area where changing rooms are available.
The changing instructions are posted in the cubicle on the blue sign.
- A nurse calls you and explains to you how the exam proceeds
 - o She answers any questions you have.
 - o She asks you various questions to better understand your health status.
 - o She ensures your consent to the exam and use of the medication.
 - o She may then insert an intravenous catheter (in a vein).

3. How the exam proceeds

- When you arrive in the exam room, you lie on your left side on a stretcher.
- Before starting the exam, the care team gets you settled in and answers any questions you have.
- The nurse asks you to remove your glasses and your dentures, as applicable.
- You will be administered a local anesthetic (XylocaineTM) of the throat with a vaporizer. Then you will be administered medications via the intravenous catheter. These medications help you relax and reduce discomfort during the exam.
- A bite block is inserted between your teeth



- Next, the doctor inserts the thin, flexible tube into your mouth and slides it down to the duodenum (first part of the small intestine).
- You are asked to swallow to help the tube go down.
- The doctor may use the tube to remove tissue with a fine needle.
- Your breathing and vital signs are closely monitored by the nurses and the doctor.
- The exam lasts on average 30 minutes.

During the exam you will not be able to talk. You will be able once the exam is over. The upper endoscopic ultrasound is not a painful procedure but it may be uncomfortable for you. If so, the doctor can give you medications to provide you with relief and relax you.



The day of your upper endoscopic ultrasound (continued)

4. Post-exam recovery

- Next, you will be transferred to the recovery room where a nurse will monitor you for at least 30 minutes after the last dose of medication received. (This period may be extended based on the medical staff's assessment and judgment, as well as the interventions carried out during the procedure.)
- The sensation of numbness of the throat and tongue lasts about 30 minutes after receiving the local anesthetic (Xylocaine™).
- Before you leave, the staff will give you information relevant to your follow-up. If required, the doctor will meet with you.

What to watch for back at home

Possible undesirable side effects during the 24 hours following the exam:

- Irritated throat
- Mild fever (under 38.5° C / 101.3° F)
- Blood-tinged secretions

Consult your family doctor or go to emergency if you have one of the following symptoms 24-48 hours after the upper endoscopic ultrasound:

- Fever (over 38.5° C / 101.3° F) or chills more than 24 hours after taking acetaminophen (Tylenol™)
- Red blood in the stools
- Black stools
- Severe abdominal pain
- Vomiting red or black blood

IMPORTANT INSTRUCTIONS

If you receive intravenous sedation-analgesia medication during the procedure

- For your return home, you must be accompanied by a responsible adult because of the medication you have received during the exam.
- You must not drink or eat anything for 1 hour after your exam. Your throat is still numb and you risk choking.
- Do not drive during the 24-hour period after the exam.
- Remain in the company of a trusted person for 24 hours after the exam.
- Do not use heavy machinery during the 24-hour period after the exam.
- Do not make important decisions (e.g. signing a contract, making a will) in the hours after the exam.

Caution: This document in no way replaces the recommendations made and the treatments proposed by your healthcare professional.

If you are concerned about your health following your upper endoscopic ultrasound, call Info Santé at 811.

Notes:

For any other information, please contact:

Endoscopy department
CIUSSS du Nord-de-l'Île-de-Montréal
Phone: 514 338-2222, option 1, ext. 1507.