

Your Endoscopic Ultrasound at CHA

Date:	Time:
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Exam will be performed at: **CHA Cambridge Hospital**
1493 Cambridge Street
Cambridge, MA 02139
Check in at: **Admitting - Lobby**

If you have any questions or need to speak to a nurse, please call Monday – Friday 7:30 am – 4 pm: **617-591-4526**

To reschedule or cancel your appointment, please call 72 hours (3 days) in advance, Monday – Friday, 8 am – 4 pm: **617-591-4422**

Please read instructions at least 2 weeks before your exam. These will tell you how to prepare for your procedure. Please complete all the steps so you can have your procedure on the scheduled day.

Please take off all jewelry or body piercings before you come. We are not responsible for lost or stolen items.

Please come on time. You will need to register when you get here

Getting a ride home: You **must** arrange a ride home with a friend or family member after your test. You will not be allowed to drive yourself home. If you have transportation problems, please call the number above. You may be able to get a ride to and from your home with the CHA Med Access Van, depending on where you live.

Important information about other medications

- **If you take blood thinners:** Call your primary care provider or Anticoagulation Management Service for directions. This includes Coumadin (warfarin), Eliquis (apixaban), Savayasa (edoxaban), Pradaxa (dabigatran), Xarelto (rivaroxaban), Lovenox (enoxaparin), Plavix (clopidogrel), Effient (prasugrel), or Brilinta (ticagrelor).
- **If you take medicine for Diabetes or weekly injectable weight loss medicine**, please follow the diabetes instructions below.
- **Do not take** vitamins, antacids, supplements, or iron pills the morning of the test.
- You can take your other medications with a sip of water at your usual time. Bring a list of your medications with you. **If you have any concerns about your medications ask your doctor. Do not wait until the day before the test.**

EUS

EUS, also known as Endoscopic Ultrasonography, is a procedure that uses an endoscope (a black flexible, lighted tube with a camera and an ultrasound) to evaluate your blood vessels, pancreas, bile ducts, pancreatic ducts, the walls of the intestine and tumors. It can also obtain limited images of your colon, esophagus, stomach and duodenum.

The scope is done with ultrasound and normal viewing techniques. Together, they allow direct viewing of a variety of diseases that can affect these areas. It can detect diseases of the bile and pancreatic ducts (such as gallstones which can get stuck there), pancreatic disease and evaluate possible tumors and abnormal growths. It often sees details that cannot be seen on x-ray or endoscopic examinations alone. Your doctor may also take biopsies (small pieces of tissue) for analysis of abnormalities that they want to check in more detail. These samples are sometimes obtained with a fine needle (FNA).

To Prepare

You should not use Ibuprofen, Motrin, Advil, Naprosyn, Aleve or any other nonsteroidal anti-inflammatory agent a week before the test. Tylenol is ok for moderate pain relief. **If you are on blood thinners (such as Aspirin, Warfarin, Coumadin, Heparin or Plavix) you must ask your doctor or nurse before stopping these medications!!!** This is important if you take your medicines for heart disease, stroke disease, a pulmonary embolus, artificial heart valves, a heart stent or a vascular stent and any other problems that could lead to a serious clot forming, stroke or heart attack. You may need to taper these medications depending on what is to be done. **Ask your doctor!**

You Should Not Eat or Drink Anything After Midnight The Night Before The Test.

Getting Ready At The Hospital

The day of your test, a nurse will ask you some information about your health history. You will be put into a hospital gown. A small needle will be inserted in the back of your hand or forearm to give you medications that will make you comfortable during the test. We may also ask you to gargle with some medication to anesthetize the back of your throat. In some people this reduces the chance of gagging, but may make your throat feel numb.

In the procedure room, you will be asked to lie on your side and roll toward your stomach. Please tell the doctor if this is uncomfortable for you. During the test you will be able to breathe normally around a plastic mouthpiece on which you can rest your teeth. You will then be asked to gently swallow the tube. The tube will be inserted into your mouth and advanced through your esophagus, stomach and upper small intestine. The doctor will try and look at the inner walls of these areas; however the goal is to use the ultrasound to look at adjacent organs. They may try and take biopsies, sometimes by using a needle (cytology).

You will be given medication through the IV in order to control discomfort and help you relax. You may sleep or be partially awake during the test. A small amount of air is used to expand the stomach and duodenum so that the doctor can see. Secretions are removed by suction. Sometimes, you might feel a gassy or gagging sensation. We will monitor you and try to make you as comfortable as possible.

You may also be given antibiotics if needle biopsies are planned. Please let your doctor and nurses know of any antibiotic allergies. You may also be sent home on antibiotics. It is important to take them as directed and not to wait to get them.

Possible Complications

Complications are unusual during or after the test but they can happen. The most common risks include pancreatitis, perforation (a tear in the esophagus, stomach or duodenum), bleeding, respiratory problems, discomfort, infection and adverse reactions to the medications used. There is a risk of the pancreas becoming inflamed (pancreatitis) in cases where the pancreas is sampled. This may require a hospitalization and can sometimes be quite serious. A perforation may result in the need for emergency surgery. Also note, EUS like other medical tests is not perfect. It can miss problems such as stones, polyps and tumors. Luckily, the combined risk of all of these problems is small.

After the Test

You may feel bloated from air which was put into your stomach during the test. You may also feel a little drowsy from the medications. You cannot operate heavy machinery (like a car) nor do any important work for the rest of the day. You should plan on resting, watching TV or reading light material after the test. You may forget things that happen during and directly after the test, so have someone with you that remind you of any instructions we give.

You will usually be at the hospital between 1-2 hours (although sometimes it can take longer). We will make sure that you are alright before sending you home. You must arrange for someone to drive you home after the test. Once again, we will not perform the test unless you have an arranged ride. You cannot go home in a taxi or a bus.

Please notify your doctor if your temperature goes above 101 Fahrenheit within 24 hrs of having the EUS or if you have any severe abdominal pain or bleeding.

EUS is a safe and effective test that is commonly done at our facilities. You may receive a call to remind you of the date and time of your test.

For questions about the process, call 617-591-4453.

For questions about the date and time of your test, or to change the date or time, call 617-591-4402.

For questions regarding your regular medications or health issues, please call your doctor.

Diabetes Medication Instructions

Upper endoscopic ultrasound

If you take medicines for Type 2 Diabetes:

- On the night before the test: Do not take diabetes pills. If you take insulin for type 2 diabetes, take ½ your usual long acting insulin (for example, if you usually take 40 units of Lantus or NPH, take 20 units instead).
- On the morning of the test: Do not take diabetes pills. If you are on long-acting insulin for type 2 diabetes, you can take half the dose (for example, if you are on 40 units of Lantus or NPH, take 20 units instead).
- If you also take short acting insulin (Humalog, Admelog, Novolog, or Regular insulin), do not take this in the AM prior to the procedure.
- After the test: You will be allowed to eat again. At that time, you should resume taking your diabetes pills at your usual times. Take your usual evening dose of insulin.

Injectable (non-insulin) For those taken once a week (Trulicity, Ozempic, Wegovy, Rybelsus, Bydureon, Mounjaro, Tanzeum, Zepbound) DO NOT TAKE WITHIN 7 DAYS OF THE PROCEDURE

If you take medicines for Type 1 Diabetes:

- On the night before the test: Just take your usual basal insulin dose that you would normally take at that time (for example, your usual full dose of Lantus or NPH).
- On the morning of the test: Take your usual basal insulin dose that you would normally take at that time (for example, your usual full dose of Lantus or NPH). Do not take any short acting insulin (Humalog, Admelog, Novolog, or Regular insulin).
- If you use an insulin pump and fasting glucose is under 130, reduce your basal rate temporarily in the AM prior to the procedure to 75% of your usual rate. If fasting glucose is 130 or higher, continue your usual basal rate. Contact your endocrinologist if you have any questions about how to manage your pump settings prior to the procedure.