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## ***Endoscopic Ultrasound (EUS) Discharge Instructions***

You have just had a EUS for upper or lower GI tract (mostly rectal) examination. It is important for your smooth recovery that you carefully follow the recommendations below. Do not hesitate to call if any questions should arise about your anesthesia, condition, or care.

### **WHAT IS EUS?**

This is a test that uses ultrasound waves. It allows the doctor to see the depth of unusual areas of tissue much better than typical exams. A small flexible tube is used to examine the area.

### **WHAT IS FNA (FINE NEEDLE ASPIRATION)?**

This means that a very small needle will be inserted through the flexible tube to sample cells in the unusual area of the oesophagus (food pipe), stomach, lungs, bowel or pancreas noticed in previous imaging. You will not feel the needle when the sample is taken.

### **WHAT HAPPENS AFTER THE EXAM?**

- You will be taken to our Recovery Room to rest and sleep off the effects of your sedatives.
- Your blood pressure, pulse, and oxygen level will be checked until you are fully awake.
- If you gargled numbing medication, your throat may feel scratchy or numb for a short while. After you have tested your swallowing with a sip of water and there is no problem, you may eat and drink normally. Your IV will be removed.
- You will be given discharge instructions and the doctor will discuss the results of your test with you. Those results will be sent to the physician who referred you for the exam

**If any of the following problems occur, then seek medical attention:**

1. Vomiting blood and /or “coffee ground” material.
2. Worsening of abdominal pain or cramping.
3. Trouble with breathing, cough, and/or fever
4. Increasing pain with swallowing.
5. Chest pain.
6. Any new symptoms.
7. Worsening of the redness at the IV site.

**Symptoms you may experience during the next 24 hours:**

1. Mild abdominal pain or excessive gas or a bloated feeling which improves with rest, liquids, eating lightly, and walking as tolerated.
2. Drowsiness and/or forgetfulness because of the medications you were given.
3. Throat numbness for about 1 hour.
4. A sore throat which you can treat with throat lozenges or by gargling with salt water.
5. Redness at the site of your IV which you can treat with warm compresses.

**SPECIAL INSTRUCTIONS:**

1. You may resume your previous diet in one hour. We recommend a light meal to start, then progress as tolerated.
2. No alcohol, driving, operating heavy machinery, or making “legally-binding” decisions until you have had a good night’s sleep.
3. Restart regular medications in one hour.
4. It is important to relax for the rest of the day. You may return to normal activities the day after your procedure.