



## UNDERSTANDING ENDOSCOPIC ULTRASOUND

### *What is Endoscopic Ultrasound?*

Endoscopic ultrasound (EUS) is a test that uses an ultrasound probe at the tip of an endoscope to examine the wall of the gut. The patient swallows the scope which makes ultrasound images of organs, such as the esophagus (swallowing tube), stomach, pancreas, bile ducts, gallbladder, and the intestine. Tissue samples may be obtained through the wall of the stomach or intestine. Blood vessels can be identified with a different ultrasound method (colour Doppler). EUS can also be used to evaluate the rectum and pelvis.

There are three main types of EUS:

1. radial EUS (the most common technique for diagnosis)
2. linear EUS (for fine tissue samples or injection)
3. mini-probe EUS (slim ultrasound probe for fine detail of the gut wall)

### *Why is EUS done?*

The most common reasons to perform EUS are to:

- ¥ Detect the extent of cancer (staging) to determine what therapy is best
- ¥ Evaluate disorders related to the pancreas such as inflammation, mass or cyst
- ¥ Evaluate bile duct diseases such as gallstones or cancer
- ¥ Follow up on an abnormal X-ray or endoscopic finding

### *How is EUS done?*

In general, EUS is performed at the hospital as a same-day procedure. For a rectal EUS, the patient is given laxatives to empty the lower bowel before the procedure. Sedation is not usually needed but mild abdominal cramps and discomfort can occur during a rectal EUS.

For an upper EUS, an intravenous is usually started to allow drugs to be given for sedation. After the patient is sedated, the tube is advanced through the mouth. Once the scope is in the right part of the gut, a small balloon at the tip is inflated with water for sound waves to better image the lining of the gut and surrounding tissue.

EUS shows very fine details of the layers of the gut wall and structures immediately next to it. Depending on what is found at this stage, the endoscopist can take a biopsy sample, drain a cyst, or inject an anaesthetic agent which would involve removing the radial scope and inserting the linear one while you are sedated.

### *More information*

For more information about protecting and enhancing your digestive health, please visit [www.CDHF.ca](http://www.CDHF.ca)

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- Please send me information about protecting and improving my digestive health.

Over 20 million Canadians suffer from digestive disorders every year. The Canadian Digestive Health Foundation believes this is unnecessary and unacceptable.

We reduce suffering and improve quality of life by empowering Canadians with trusted, up to date, science-based information about digestive health and disease.

As the Foundation of the Canadian Association of Gastroenterology, we work directly with leading physicians, scientists, and other health care professionals to help you understand and take control of your digestive health with confidence and optimism.

Through research and public education, we aim to:

 <p><b>REDUCE</b> the incidence and prevalence of digestive disorders</p>	 <p><b>IMPROVE</b> understanding of digestive health issues</p>
 <p><b>SUPPORT</b> those suffering from digestive disorders</p>	 <p><b>ENHANCE</b> quality of life for those living with digestive disorders</p>

### Request for support

The Canadian Digestive Health Foundation is a national charity governed by a volunteer board of directors. We rely on donations from the public and the generosity of our partners to develop and deliver our programs. Please consider including our Foundation as one of your chosen charities.

### Contact us/Donate to

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