



ECHO-ENDOSCOPY OF THE UPPER DIGESTIVE TRACT

YOUR EXAM

Your doctor has prescribed an exam called an echo-endoscopy of the upper digestive tract. The procedure involves introducing a flexible tube through the mouth. The tube has a camera and an ultrasound probe on the tip to inspect your esophagus, stomach, bile duct and pancreas to detect any abnormalities.

During the procedure, your doctor may conduct a biopsy^[1].

[1] A medical test involving the removal of tissues in order to analyze them and to determine their nature.

WHAT TO DO BEFORE YOUR EXAM

It is important to follow the recommended guidelines, because the quality and safety of your exam depend on it.

- If you are taking Coumadin (Warfarin), Plavix, Aspirin, or Heparin, notify the clinical staff when scheduling your appointment.
- If you are diabetic, talk to your doctor who will give you guidelines to help you manage your medication safely before your exam.
- Bring an up-to-date list of all medications you are taking and be sure to mention any known allergies.
- Avoid eating, drinking or smoking for at least five hours before the exam.
- Do not wear jewellery or nail polish the day of the exam.
- Arrive 30 minutes before the scheduled time of your exam.

IMPORTANT

You will not be able to drive after the exam, so we ask that you be accompanied by a friend or family member.

DURING THE EXAM

- The exam may last from 15 minutes to an hour.
- You will be moved to an examination stretcher.
- You will lie on your left side.
- The nurse will give you a mild sedative to keep you comfortable and help you relax.
- The nurse or doctor will freeze your throat with a spray.
- When you will be ready, the doctor will introduce the tube into your mouth. **It is important to mention if you feel any pain.**

AFTER THE EXAM

- You will be kept in an observation area for between 30 minutes and 2 hours.
- The staff will regularly check your blood pressure and other vital signs such as your heart rate.
- It is normal to feel bloated or have gas.
- It is normal to feel tired and nauseous.
- It is normal to feel discomfort in the throat or the mouth area.
- Since your throat is frozen, you must fast for at least 60 minutes or according to the doctor recommendations.

AT HOME

The overall risk of complications with this exam is very low:

- bleeding;
- infection;
- inflammation of the pancreas (pancreatitis);
- intestinal or bowel perforation.

If you have severe stomach pains, chills, black stools or vomiting with blood:



Consult with your family doctor or go to a walk-in health clinic.



If the clinic is closed:
call Info-Santé 8-1-1.



Go to the nearest hospital emergency department.

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Revision and layout

Service des communications

Direction des ressources humaines, des communications et des affaires juridiques

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santeestrie.qc.ca

July 2017 – 1-6-70932

The information provided in this document is made possible thanks to financial support from the Fonds Brigitte-Perreault for patient safety and quality of care.

If you must cancel your exam, please notify the staff at 819 346-1110, ext 24462.