

Dr. Rela Institute & Medical Centre is a multi-specialty quaternary care hospital located in Chennai, India.

The Institute is within the campus of Sree Balaji Medical College and Hospital, which is spread across 36 acres. It has 14 operating theatres with 450 beds, inclusive of 150 critical care beds.

The Institute is conveniently located 10 minutes from the Domestic and International Airport.

The hospital is designed to provide highly specialized care in various departments with a focus on multi-organ transplantation. Prof. Mohamed Rela, a world renowned surgeon in the field of Liver surgery and transplantation is the Chairman and Managing Director of the Institute.

In addition to quaternary & quality care, is also committed to provide day to day primary and secondary care to the local population, with facilities of international standards.

The Institute would provide comprehensive support to international patients travelling for medical treatment such as language assistance, stay, visa and travel.

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Department of
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Endoscopic Ultrasound FAQs

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1 What is EUS?

Endoscopic ultrasound (EUS) is a minimally invasive endoscopic technique which allows the doctor (endoscopist) to obtain detailed images of the pancreas, Biliary system intra abdominal lymph nodes EUS provides the endoscopist with information additional to that obtained with CT or MRI imaging. It can be used to take needle biopsies from abnormal areas of the pancreas, avoiding exploratory surgery or can be used to take sample fluid from a pancreatic cyst.

2 How is EUS performed?

A thin, flexible tube (endoscope) is passed through the mouth and into the stomach and duodenum. The tip of the endoscope contains a built in miniature ultrasound probe which emits sound waves. These sound waves pass through the lining of the stomach and duodenum creating a visual image of the pancreas and surrounding tissue.

EUS can be used to obtain a needle biopsy of the pancreas or to sample fluid in a pancreatic cyst. This is done by passing a very thin needle from the endoscope into the pancreas under continuous ultrasound monitoring. This technique is called EUS-fine needle aspiration (EUS-FNA) and does not hurt.

3 Can I eat before the procedure?

EUS procedures are performed either in the morning or afternoon. If your procedure is scheduled before 12 pm, do not eat or drink anything after midnight. If your procedure is scheduled after 12 pm you may have clear liquids until 8 am on the day of the test.

4 Should I take my medications?

If you are taking medication for high blood pressure, seizures, or if you are taking prednisone, you may take these medications the morning of the procedure or at least two hours before the procedure with a sip of water. Do not take any water/fluid pills until after the completion of your procedure.

Anticoagulant medications (blood thinners such as warfarin (Coumadin), heparin, or clopidogrel (Plavix)) may need to be adjusted before the procedure. You should contact your prescribing physician for instruction on when to stop taking this medication. In general aspirin and non-steroidal anti-inflammatory medications (naproxen, ibuprofen etc) can be taken before an EUS examination.

5 How long does the procedure take and what happens afterwards?

The actual procedure takes approximately 45-60 minutes. Most patients are discharged 3-4 hours after they arrive. Following the procedure, you will be monitored in the recovery area until the effects of the sedation have worn off. You will be able to eat after the procedure.

6 Will I be admitted for the procedure?

The procedure is usually performed as an outpatient. Most people are able to go home one to two hours after completion of the procedure.

7 What are the possible complications associated with EUS?

EUS is a very safe procedure and although complications occur, they are rare when doctors with specialized training and experience perform the EUS examination. You may have a sore throat which usually resolves within a day or two. Sometimes people feel a little bloated due to the air inserted by the instrument. Other potential but uncommon complications of EUS include a reaction to the sedatives used, aspiration of stomach contents into your lungs, and complications affecting the heart or lungs. One major, but very uncommon complication of EUS is where there is a tear in the lining of the stomach or duodenum, called a perforation. This is very rare but can require surgery to repair the tear. If an EUS-FNA is performed, where a needle is passed into the pancreas to take a sample, there is a small risk of bleeding, pancreatitis or infection. To decrease the risk of infection, we routinely prescribe antibiotics for patients in whom EUS-FNA was