



**Birmingham Children's Hospital  
NHS Trust**

# **ENDOSCOPIC ULTRASOUND**

## **Parents Information Leaflet**

This information leaflet is available in large print and on computer Disk (it is also available in Braille, other languages and on audio tape on request). Please contact the Child and Family Information Centre on 0121 333 8505

# **ENDOSCOPIC ULTRASOUND**

## **What is an Endoscopic ultrasound?**

An endoscopy is a test, which is usually carried out under general anaesthetic. A thin flexible tube with a bright light on the end called an Endoscope is passed into the mouth, down the oesophagus (food tube) and into the stomach and on into the first part of the intestine (duodenum). The doctor can look down this tube and get a clear view to check whether there is any problem. The doctor can also take a biopsy (tiny sample of tissue for analysis in the laboratory) if required.

With endoscopic ultrasound the endoscope also includes a small probe that emits harmless ultrasound waves. This probe can take pictures of the intestine wall and of blood vessels and organs close to the intestine. Pictures can usually be obtained of the pancreas, spleen and gall bladder. This information helps in the diagnosis or monitoring of your child's liver or gut problem.

## **What are the risks of an endoscopic ultrasound?**

The doctor will usually discuss with you the reasons why your child needs an endoscopic ultrasound, in an out patients clinic. They will also discuss with you any risks to your child, which are very small. Consent will normally be discussed with you at this time and with your child if appropriate.

Anaesthetics carry a risk, but these are very small. The anaesthetist is a specialist doctor who is able to deal with any complication that happens under the anaesthetic. A child may feel sick and vomit afterwards, but this is very rare nowadays. Children may have a headache, sore throat or feel dizzy or may be upset after the anaesthetic, but these are usually short lived and can be easily treated. There is a small risk of bleeding after an endoscopy when a biopsy is taken. This is why children are

observed for a period after the procedure. This is the period in which any bleed would show up.

### **What is the preparation for an endoscopy?**

When admitted to the ward your child will be seen by a doctor and a nurse. They will give you detailed explanations, note any allergies and if your consent has not been taken prior to this it will be taken at this time. This is a good time to ask any further questions. If a blood test is needed before the endoscopic ultrasound it will be taken from a cannula (a thin plastic tube in a vein) otherwise Ametop is applied (magic cream). Your child may be given a sedative medicine to help them relax. This will be discussed with you.

### **What happens next?**

The procedure takes place in the endoscopy room in the theatre area. You will be allowed to accompany your child to the room, but parents do not stay during the actual endoscopy. When your child is under the anaesthetic the endoscope will be passed down through the mouth into the oesophagus, onward into the stomach and finally into the first part of the intestines. Once the test is finished the scope is removed.

### **What happens after the endoscopy?**

Once your child has returned to the ward the nurse will check your child's pulse, breathing rate and blood pressure. When your child is fully awake they can start to eat and drink small amounts.

### **When can your child go home?**

Children should be able to go home on the same day.

## **What care will my child need at home?**

- ◆ Eat and drink normally Normal activities can be resumed the day after the procedure
- ◆ Some children have wind for a day or so. This is normal.
- ◆ Some children have a sore throat, simple painkillers like paracetamol can be used in dosages as stated on the packaging.
- ◆ Some children have discomfort over the chest area. This usually settles within two days and responds to paracetamol.
- ◆ Any concerns after you go home should be reported to a registrar in the Liver Unit Team. They can be contacted via the hospital switchboard on 0121 333 9999.
- ◆ You can also contact Liver Direct where an experienced nurse is available Monday to Friday 10.30 – 12.30 to answer general concerns. Messages can be left on the same number and will be answered the same day. The service is available 10.30 – 12.30, 2.30 – 4.30 (until 5.30 on Wednesday).

## **When will we know the results of the endoscopic ultrasound?**

The doctor who performed the test will usually come to the ward after the procedure and tell you what they have found. Your consultant may want to talk to you about the biopsy results at an out patients clinic in the next few weeks. However if there is a need to change your child's treatment before that time you will be contacted by a member of the Liver Unit.

## **Where Can I Get Further Information?**

We hope this information will help you understand the procedure offered to your child. However, before you sign the consent form it is important that you talk to your hepatologist and ask questions.

Additional information may be available from the Liver Unit Liaison Nurse Team, Senior Nurses or Doctors on the Ward. There is also information to be found on the internet. Access can be obtained through the Child and Family Information Centre. This is on the ground floor of the hospital near the Welcome Desk.

## NOTES



