

Patient information

Endoscopic Ultrasound Examination (EUS) Guided Variceal Coil/Glue Insertion

Digestive Diseases Care Group

Your Consultant or doctor has advised you to have an Endoscopic Ultrasound Examination (EUS) guided variceal coil insertion.

Endoscopy is the insertion of a long, thin tube directly into the body to observe an internal organ or tissue in detail.

What is EUS guided variceal coil insertion?

You may be familiar with an ultrasound scan, one use of which is to look at babies in the womb of pregnant women by rolling a probe over the abdomen. EUS combines an ultrasound scan with endoscopy (flexible camera) so that fine detail of the lining of the gut or of certain internal organs such as the pancreas, liver, gallbladder and bile ducts can be examined.

Certain health conditions can lead to the formation of a gastric varix (enlarged vein noted on the wall of the stomach). These varices have the potential to bleed heavily which can have serious consequences. In this instance a special coil can be inserted directly into the varix, under EUS guidance, in order to reduce the risk of bleeding. In addition, cyanoacrylate (glue) can be injected under direct vision into the varix. This is called embolisation (clogging the vessel).

What are the benefits of EUS guided variceal coil insertion?

The purpose of EUS guided variceal coil insertion is to stop any risks of bleeding from the varix and reduce the risk of further bleeding as the embolisation will (over time) completely obliterate the varix. EUS ensures that this is done with direct visualisation of the vessel.

Are there alternative procedures available?

One alternative is to have standard gastroscopy (camera into the stomach) with injection of cyanoacrylate (glue) at the site of the bleeding varix but this procedure has multiple disadvantages. Another alternative is interventional radiology (X-ray) guided embolisation. If you want to discuss this further you must speak to the doctor who referred you for the procedure.

What will happen if I decide not to have this procedure?

If you decide not to have this procedure then you may choose to have the alternative procedures.

A decision not to proceed with any treatment could lead to severe bleeding. This would lead to hospital admission and may be life threatening.

What are the risks of EUS guided variceal coil insertion?

EUS is a very safe procedure. However with any invasive procedure there is a risk of complication, but the chance of this is minimal.

- There is a small chance of an allergic reaction to the drugs used for sedation or occasionally even from the throat spray.
- You may have a slightly sore throat from the procedure, which will usually wear off within 24hours.
- The risk of bleeding can be variable.
- There is a small risk of infection [1%] or pain after procedure [1%].
- There are no known risks associated with the ultrasound part of the procedure.
- The flexible camera can very rarely cause a tear (perforation) [less than1%] in the lining of the gullet or gut. Small risk of failure to place the coils or inject glue [5%].

Any of the risks can usually be easily treated and can be discussed with you during the consent process on the day of procedure.

What anaesthetic or sedation will I be given?

Both local anaesthetic throat spray and intravenous sedation will be given to you. The local anaesthetic spray is used to numb your throat, while the intravenous sedation involves the injection of two medications given into the vein via a cannula (plastic tube that aids insertion of fluids). Of the two medications one is a sedative and the other a pain relief.

Please be aware that you will be slightly drowsy and relaxed, but you will not be unconscious.

The drugs used in sedation may affect your memory or concentration for up to 24 hours. Many patients remember nothing about the procedure or even what the doctor has said to them afterwards.

You must not drive: operate machinery, climb ladders or sign important documents for 24 hours following the sedation. It is also essential to bring an escort to take you home and stay with you for 24 hours, without which the procedure maybe cancelled

A side effect of these drugs can be to slow your breathing; it is not normal for this to happen, but sometimes patients can be oversensitive to the drug and is the main reason why we do not give high doses of these drugs. You will also be supported with additional oxygen during the test.

If you are worried about any of these risks, please speak to your consultant or a member of their team.

Getting ready for your procedure

- **Do not have anything to eat for at least six hours before your test.** This is to make sure that we can have a clear view of your stomach.
- You will be asked to remove any tight clothing, ties, dentures, spectacles and contact lenses.
- Please **do not** bring large amounts of cash or valuables with you as the Trust cannot be held responsible for them.

Important: You must contact the Endoscopy Unit as soon as you receive this information leaflet.

Tel: 0151 706 2656

Text phone number: 18001 0151 706 2656

If you have:

- ❖ **Diabetes**
- ❖ **Are taking: (Warfarin tablets, Clopidogrel (plavix) tablets)**
- ❖ **Anticoagulants:**
 - Warfarin
 - Heparin/Fragmin/Clexane
 - Dabigatran
 - Rivaroxiban
 - Sinthrome
 - Apixaban
 - Fondaparinux
 - Edoxaban
- ❖ **Antiplatelet therapy:**
 - Clopidogrel (Plavix)
 - Prasugrel (Efient)
 - Ticagrelor (Brilique)
 - Dipyridamole (Persantin) and aspirin
- ❖ **Are on dialysis**
- ❖ **Have suffered a heart attack within the last three months**

When you come to the department, please tell the doctor or nurse about any drugs you are taking and in particular, about any possible allergies or bad reactions you may have had in the past.

Your EUS guided variceal coil insertion

- In the endoscopy room you will be made comfortable lying on your left side; you will be given some oxygen through your nose. The test involves passing a slim flexible telescope through the mouth and down into the oesophagus (gullet) and stomach.
- You may have already had a gastroscopy and this test is very similar from your point of view. EUS is not a painful procedure but the sensation is slightly unpleasant.
- This entire procedure lasts between 30 and 40 minutes.

After your EUS guided variceal coil insertion

You will be transferred to the recovery area after the procedure is completed and the nursing staff will monitor your blood pressure and pulse for the next two hours. When you are fully recovered you can be discharged home.

Results

Sometimes the doctor or nurse may let you know the result after the procedure is complete. However if a biopsy, photograph or other information is taken which need to be assessed further, the result may not be available for a week or two. In this case the result will be sent to your family doctor (GP) or be available to discuss with you during your next clinic appointment.

What should I expect when I go home?

It is normal to have a sore throat and some mild discomfort for a couple of days after your procedure.

For the 24 hours following procedure you must not

- Travel alone.
- Drive any vehicle e.g. car, scooter or ride a motorcycle or bicycle.
- Operate machinery (including domestic appliances such as a kettle).
- Make any important decisions, sign any legal documents.
- Climb ladders.
- Drink alcohol.
- Return to work within 12 hours of treatment. Your general health and any medicines you are taking may increase the time you need off work.

You should

- Take it easy for the rest of the day, avoid strenuous activity.
- Take your medications as usual.
- Let someone else care for anyone you usually look after, such as children or elderly or sick relatives.
- Ensure that you have an adult escort to look after you for 24 hours.

Cancellations

If you are unable to keep this appointment, please let us know as soon as possible on
Tel: 0151 706 2656
Text phone number: 18001 0151 706 2656

We will be able to give your appointment slot to another patient and re-arrange your procedure date if you do not contact the department to inform of cancellation.

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated

* Please be aware that we are a large teaching Trust and so we are involved in teaching students and in research work. Qualified doctors and nurse practitioners may perform your test under supervision by a skilled endoscopist. You may also be asked to take part in research. If you do not feel happy about this, please tell a member of staff. You have the right to refuse and your decision will not affect your treatment in anyway.

Further information

If you have any questions or queries, please contact the Endoscopy Unit during the following hours

Monday – Thursday	0800 – 2100 hrs
Friday	0800 – 1700 hrs
Saturday/Sunday/BH	0800 – 1600 hrs

Tel: 0151 706 2656

Text phone number: 18001 0151 706 2656

Clinic appointment enquiries

Tel: 0151 706 5555

Text phone number: 18001 0151 706 5555

The Emergency Department (A&E) is open 24 hours

Telephone number: 0151 706 2051/2050.

Text phone number: 18001 0151 706 2051/2050

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All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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