

Patient information

Outpatient Small Bowel Enteroscopy

Digestive Disease Care Group

You have been advised by your doctor to have a Small Bowel Enteroscopy.

What is a Small Bowel Enteroscopy?

A Small Bowel Enteroscopy is a procedure undertaken to look further into the small bowel than a Gastroscopy that only looks as far as the duodenum (first part of the small bowel) using a long flexible tube.

We are a large teaching Trust and so we are involved in teaching students and in research work. Qualified doctors and nurse practitioners in training to perform endoscopy 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.

What are the benefits of a Small Bowel Enteroscopy?

It allows the doctor to see if there is any disease present. It also allows if necessary a sample of tissue to be taken (called a biopsy), which is examined by the Pathology Department.

What are the risks of a Small Bowel Enteroscopy?

- There is a small chance of a reaction to the drugs used for sedation or occasionally even from the throat spray.
- You may have a sore throat from the procedure, which will usually wear off within 24 hours.
- There is a very small risk of perforation (a small hole in the lining of the gullet, stomach or small bowel) and a small risk from bleeding.
- You must tell the nurse if you have any loose teeth or caps, crowns or veneers, as there is a risk they could become dislodged.

Are there any alternatives to this procedure?

The small bowel can be X-rayed using barium or there is a procedure that exists called pill enteroscopy, but it would only be performed after all other investigations. However these will not allow the doctor to view directly the lining of the small bowel and take samples or treat any abnormal findings.

What will happen if I don't have this procedure done?

If you decide that you do not want this procedure undertaken then you can discuss alternatives with your doctor.

Preparation

To allow a clear view, your stomach must be empty. You are therefore asked to have nothing to eat or drink for at least six hours before the test.

You will be asked to remove any tight clothing, ties, dentures, spectacles and contact lenses.

Please **do not** bring large amounts of money or valuables with you, as the Trust cannot be held responsible for them.

Important: 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

You must contact the Gastroenterology Unit as soon as you receive this information leaflet.

Tel: 0151 706 2656

Text phone number: 18001 0151 706 2656

What anaesthetic / sedation will I be given?

You may have a small amount of anaesthetic throat spray but sedation is **always** given for this procedure. This involves an injection into your arm through a small plastic tube fixed into your arm. This will make you very drowsy but not make you unconscious.

The advantage of sedation is that it will make the procedure more comfortable for you. The disadvantage is that you will need to lie on a trolley in the department to recover from the sedation for up to one hour. The drugs used in sedation may affect your memory and concentration for up to 24 hours. Many patients remember nothing about the procedure or even what the doctor has said to them afterwards.

For these reasons, you must have a friend or relative collect you from the Gastroenterology Unit and we recommend they stay with you afterwards.

The most important side effect of these drugs is to slow your breathing – this should not normally happen but sometimes patients can be oversensitive to the drug.

This is the main reason we do not give high doses of these drugs. We also give you oxygen during the procedure.

If you are worried about any of these risks, please speak to the nurse or doctor when you arrive.

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 Small Bowel Enteroscopy

The test involves passing a slim telescope (less than the diameter of your little finger) through your mouth and down into the oesophagus, stomach and small bowel. This is not a painful procedure but the sensations are slightly unpleasant.

After your Small Bowel Enteroscopy

You will be transferred to the recovery area and allowed to sleep. A nurse will record your pulse, blood pressure and your temperature if necessary. Once the effect of the throat spray has worn off, you may eat and drink as normal.

Minor post procedure symptoms

You may or may not experience a sore throat. If you do, it can last for a couple of days but usually passes after a couple of hours.

Stomach ache is most likely due to the air inflated into your stomach during the procedure. This will pass in its own time.

Serious post procedure symptoms

Please attend your nearest Emergency Department (A&E) if you have **severe** pain in your **neck, chest or stomach**.

Please take this leaflet with you to let them know what procedure you have had today. A full report of your gastroscopy findings will be sent to your family doctor (GP).

Important advice

If you were sedated, you must have a friend or relative to take you home.

Please be careful and rest when you get home. You may have difficulty remembering what the doctor or nurse has said to you and we would advise that your escort listens to what is said with your consent.

The effects of sedation will stay in your system for around 24 hours.

For the next 24 hours you must not:

- Travel alone.
- Drive any vehicle.
- Operate machinery (including domestic appliances such as a kettle).
- Climb ladders.
- Make important decisions, sign any business or legal documents.
- 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.

Results

Sometimes the doctor or nurse can give you the results on the day of the test. Sometimes biopsy, photography or other information is taken which may need to be assessed further and 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.

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 above to give your appointment to another patient and arrange a further one for you.

Going home

Once you are fully recovered, your escort has arrived, you have had a drink, been given information and the nurse has discharged you, you may go home.

Further appointment

You will be given an appointment before you leave or one will be sent to you in the post if you do not already have one to see your consultant again.

Transport

- Transport has not been arranged for this appointment so it will be necessary for you to make your own arrangements.
- Parking for patients and visitors is available at the Q-Park multi storey car park opposite the main hospital entrance on Prescot Street. The entrance by car is on Epworth Street off

Erskine Street. The car park is open 24 hours a day, seven days a week. This is a private car park and charges apply. The car park is continually monitored by parking hosts, and CCTV.

- There are disabled spaces within the car park. If you need help, please speak with a parking host at the car park entrance.
- If you have been referred to us from clinic and usually have an ambulance to bring you for your appointment, please contact us on **Tel: 0151 706 2656 Text phone number: 18001 0151 706 2656 as soon as possible.**
- If you have been referred to us by your family doctor, (GP) and need an ambulance please contact their surgery.

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.

Further information

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

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

Tel: 0151 706 2656/ 2819/2726

Text phone number: 18001 0151 706 2656/2819/2726

Clinic appointment enquiries

Tel: 0151 706 5555

Text phone number: 18001 0151 706 5555

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

Tel: 0151 706 2051/2050

Text phone number|:18001 0151 706 2051/2050

Author: Digestive Disease Care Group

Review date: February 2022

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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