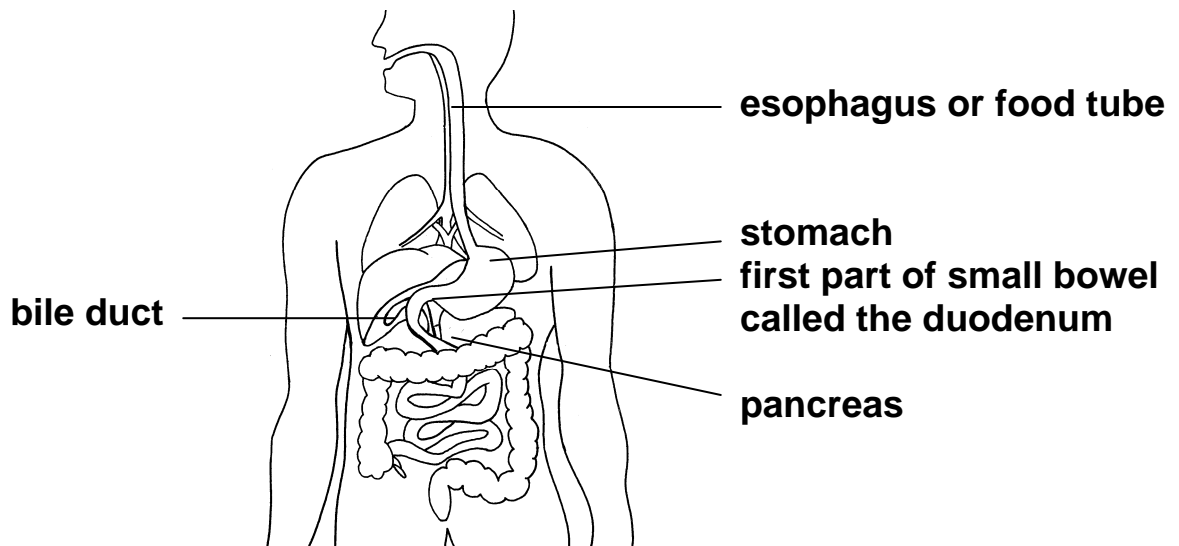

Endoscopic Retrograde Cholangiopancreatography ~ ERCP ~

What is an ERCP?

An ERCP is a procedure that looks at the lining of the esophagus, stomach, duodenum, pancreatic duct and bile duct. The doctor looks inside using a thin video camera and tube called a scope. Pictures are sent to a television monitor as the scope goes down.



An ERCP is done for many reasons. Your doctor will tell you why you are having this procedure. It takes 30 to 60 minutes to do but plan to be at the hospital about 2 hours for preparation and recovery.

Are there any complications to this procedure?

Before you sign a consent form, your doctor should explain the problems that can occur. Complications are rare but include:

- The scope can tear or perforate the lining of the esophagus, stomach or small bowel. This may be treated with bowel rest or surgery.
- There can be bleeding after the procedure. Bleeding can be stopped but surgery or a blood transfusion may be needed.
- You will have an intravenous tube in your arm. This can cause a lump or bruise on the skin and take a few days to a few months to go away.
- You may have a reaction to the medication used to relax you or the dye used during the procedure. Since the doctor and nurses are with you, they can manage any complication that may happen. Tell the staff if you have ever had an allergic reaction to any medications or dyes.

Getting Ready at Home

Medications and allergies:

Your doctor may want you to stop taking certain medications 4 to 5 days before the test. Contact the doctor doing the procedure at least 1 week before to ask about your medications.

Prepare a list of the current medications you take and any allergies you have. You can ask your pharmacist to print a copy of your record for you. Bring this list or your medications to your procedure.

Prepare to bring all health insurance information to the hospital such as:

- your Ontario Health Insurance card and**
- any other insurance papers such as Blue Cross, Metropolitan etc.**

Make plans for someone to take you home:

Since you are having medication to relax you, you must arrange for someone to take you home after the procedure. You cannot leave the hospital alone or drive for 24 hours. If you plan to take a taxi home, you still need to have someone with you. Make your plans ahead of time.

Before Coming to the Hospital

Eating and drinking:

- If your test is in the morning before 12:00 noon, do not have anything to eat or drink after midnight.
- If your test is booked after 12:00 noon, you may have clear fluids at 6:00 a.m. Clear fluids are black tea and coffee, water and apple juice.

If English is not your first language, please bring someone who can interpret for you. Wear loose clothing, as you may feel bloated after the procedure. Leave your valuables and money at home.

You will be sleepy after the procedure. Please bring someone with you who can help you understand and remember what to do after the procedure.

Getting to the hospital:

Your driver can drop you off at the front of the hospital off Charlton Avenue East. You can park in the Visitors Parking off James Street South and walk to the unit.

At the Hospital

Registration:

When you arrive at the Endoscopy Unit on Level 3 of the Sister Mary Grace Wing, register at the desk. You will be asked to wait and a nurse will call you into a room.

◆ Plan to be at the hospital about 2 hours. There are many doctors and patients in this unit so you may see people go in “out of order”.

In the Endoscopy room:

The nurse will ask you some questions and do a nursing history. The nurse will review your allergies and medications and help you get ready. You will wear a hospital gown. You will have a small tube put in a vein in your arm to give you medication and fluids. This is called an IV. The doctor will ask you to sign a consent form if you have not already signed one. You will then be taken to the X-ray Department for this procedure.

In the X-Ray room . . .

A nurse is always with you. You will take off your glasses and remove any dentures. You will be asked to bite on a special mouth guard called a bite block. You will then lie on your abdomen facing the left side.

The doctor will give you a medication to relax you and freeze your throat with spray or gel. The doctor then slides the scope through the bite block in your mouth, down your throat and into the small bowel. You may be asked to swallow to relax the muscles. The scope takes pictures as it goes down. It does not cause trouble breathing or choking.

The doctor puts air into your stomach through the scope to make it easier to look around. You may feel bloated when this is done. The doctor will also put some dye through a tube into the bile duct to see if there are any problems. If you have a stone, the doctor will make the bile duct larger and move the stone into the bowel. You will then pass the stone without pain into the toilet in a bowel movement.

The doctor can also take a sample of tissue for testing through the same tube. This is called a biopsy. You cannot feel this being done.

If you have a block in the bile duct the doctor will put a small tube called a stent in the duct to keep it open.

The scope is taken out when the doctor is done.

After the Procedure

- You will go to the Endoscopy Unit Recovery area after the procedure.
- You will rest on a stretcher in the recovery area until you are fully awake. This takes about 1 hour. You cannot eat or drink for about ½ to 1 hour. **You must wait until the feeling returns to your throat.** You should then eat a light diet for the rest of the day.
- The nurse will monitor you and give you any instructions you need at home.
- You must have someone take you home. Rest for the day.
- You cannot drive, operate machinery, drink wine, beer or alcohol or make major decisions for 24 hours.

If you have any questions, contact the doctor's office that ordered this test.