

# PATIENT EDUCATION

## Enteroscopy

### What is an Enteroscopy?

An Enteroscopy is an endoscopic examination of the small bowel. The Enteroscopy uses a special endoscope that is longer than the standard endoscope allowing the provider to look further into the small bowel. An enteroscopy is primarily used to find intestinal bleeding sources but can also be used to find lesions and determine causes for nutritional malabsorption.

### How do I prepare for this enteroscopy?

- Arrange for a driver and someone to be with you for the day. You will not be allowed to drive if you receive sedation.
- All jewelry should be left at home.
- Be sure to let your provider know if you are pregnant before the day of the exam.
- If you are taking Coumadin, Plavix, or other blood thinners, let your provider know before the day of the exam.
- Be sure to follow the specific diet instructions given by your provider.

### What are the potential complications?

- Undesired effects from sedation.
- Bleeding.
- A tear in the wall of the esophagus, stomach, or small intestine.
- If you have any questions, please ask your provider.

### What should I expect before the enteroscopy?

- Your provider will explain the risks and benefits of the enteroscopy to you.
- You will sign a consent form for the exam.
- A IV will be put in a vein so medicine can be given during the exam.
- Dentures and glasses will be removed prior to the exam.
- Be sure to let your provider know if you are pregnant before the day of the exam.

### What should I expect during the enteroscopy?

- You will lay on your left side.
- A small mouthpiece will be put between your teeth to protect your teeth and the endoscope.
- Oxygen will be given during the exam.
- Your blood pressure, pulse and oxygen levels will be monitored during the exam.
- Your provider may choose to take biopsies (small pieces of tissue) during the exam. Taking biopsies and removing polyps will not cause pain.
- If a narrowing is found, your provider may decide to stretch (open) the narrowing.
- Your provider may choose to use a balloon attachment and x-ray allowing the provider to view sections of the small bowel.

### What can I expect after the enteroscopy?

- Your blood pressure, pulse, carbon dioxide and oxygen levels will be monitored in the recovery area.
- Your family and friends can be with you after the exam.
- You will have oxygen on for a short time during the recovery phase.

- You might feel bloating or cramping after the enteroscopy because of the air put in your stomach and small intestine during the exam. Passing the air will help this feeling go away.
- If you are taking Coumadin, Plavix, or other blood thinners, ask your provider when to restart those specific medications.
- The nurse will give you written discharge instructions before you leave.

### **When will I get my results?**

- Your provider will tell you what was found before you go home.
- You will receive your biopsy results in the mail in two to three weeks.
- You may call your provider's office with any questions or concerns.