Your 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.

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 slightly 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 or crowns, 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
- Are on dialysis
- Have had a heart attack within the last 3 months

Please inform the Gastroenterology Unit on 0151 706 2720 immediately you receive this information.

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.

You must not drive, ride a bike, operate machinery or sign important documents for 24 hours following the sedation.

If your appointment is in the afternoon, your escort is asked to be here no later than 4.30pm.

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.

**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 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 0151 706 2720. 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 10 disabled spaces on the entry level of the car park. If you need help, please speak with a parking host at the car park entrance. Disabled parking is still available at the rear of the hospital.

- If you have been referred to us from clinic and usually have an ambulance to bring you for your appointment, please contact us on 0151 706 2720 as soon as possible.
- If you have been referred to us by your GP and need an ambulance please contact their surgery.

Further information

If you have any questions or queries, please contact

The Gastroenterology Unit
(between 10.00am and 4.30pm Monday – Friday)
Tel: 0151 706 2727

The A/E Department is open 24 hours

Clinic appointment enquiries
Tel: 0151 706 5555

This leaflet is available in large print, computer disc, Braille, audiocassette and other languages on request.