

# CHOLANGIO-PANCREATOGRAPHY (ERCP)

## YOUR EXAM

Your doctor has prescribed an exam called endoscopic retrograde cholangio-pancreatography (ERCP). This exam consists of passing a tube, called an endoscope, through your mouth up to a part of your intestine called the duodenum. An endoscope is a thin, flexible tube equipped with a light and tiny camera, which allows the doctor to see inside the pancreas and the bile duct.

The staff may inject a dye and x-rays are performed in order to better locate and treat abnormalities.

The doctor may conduct a biopsy<sup>1</sup> during the exam to remove stones or install a plastic or metal stent to help the passage of the bile.

## IMPORTANT

The effects of the sedative or relaxant that will be administered to you as needed during the exam may last up to 24 hours.

**You must be accompanied for the exam**, because you will not be able to drive afterwards. If none of your relatives or friends is available, we ask that you please use a taxi or volunteer service.

If you must cancel or report your exam, please notify the staff at  
819 346-1110, poste 24310.

## WHAT TO DO BEFORE YOUR EXAM

It is important to follow the recommended guidelines, because the quality and safety of your exam depend on it.

- If you are taking iron, Coumadin (Warfarin), Plavix, Aspirin, or Heparin, notify the clinical staff when scheduling your appointment.
- Notify the staff if you have a pacemaker.
- If you are diabetic, talk to your doctor who will give you guidelines to help you manage your medication safely before your exam.
- Bring an up-to-date list of all medications you are taking and be sure to mention any known allergies.
- You may have a light breakfast before 7:30 the morning of your exam. You should thereafter avoid eating, drinking, and smoking.
- Do not wear jewellery or nail polish the day of the exam.

## THE DAY OF YOUR EXAM

- The exam may last between 20 minutes and 2 hours.
- You will be moved to an examination stretcher.
- You will lie on your stomach.
- The nurse will give you a mild sedative to keep you comfortable and help you relax.
- The nurse or doctor will freeze your throat with a spray.
- When you will be ready, the doctor will introduce the tube in your mouth. It is important to mention if you feel any pain.

<sup>1</sup> A medical test involving the removal of tissues in order to analyse them and to determine their nature.

## AFTER THE EXAM

- You will be kept in an observation area for about 2 hours, but your visit may last 6 hours.
- The staff will regularly check your blood pressure and other vital signs such as your heart rate.
- It is normal to feel bloated or have gas.
- It is normal to feel tired and nauseous.
- It is normal to feel discomfort in the throat or the mouth area.
- Since your throat is frozen, you must fast for at least 60 minutes or according to the doctor recommendations.

## AT HOME

**The overall risk of complications with this exam is very low:**

- Inflammation of the pancreas (pancreatitis);
- Bleeding;
- Biliary tract infection;
- Gastrointestinal perforation.
- If you have severe stomach pains, chills, black stools or vomiting with blood:



Consult with your family doctor or go to a walk-in health clinic.



If the clinic is closed: call Info-Santé 8-1-1.



Go to the nearest hospital emergency department.

## CHECKLIST

**Date of my exam:** \_\_\_\_\_  
If you must cancel your exam, please notify the staff at 819 346-1110, Ext.: 24310.

**Location:** Hôtel-Dieu de Sherbrooke, daily medical clinic  
580 Bowen Street, 2nd Floor, Room 2355, Wing C Main entrance, door 1, Bowen Street

### Authors

Frédéric Grondin, nurse, M.Sc.;  
Dr Charles Ménard, gastroenterologist

### Revision and layout

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– Centre hospitalier universitaire de Sherbrooke

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