

## Endo Anal Ultrasound Scan

### What is an Endo Anal Ultrasound Scan?

Endo anal ultrasound scan involves taking ultrasound pictures of the rectum and anus. The pictures are taken through sound waves, which are converted by a computer to pictures. This examination will help us to get more clarification about what is happening with the structure of your sphincters (back passage) and also able us to give you a more tailored treatment.

### Why would I need this procedure?

Endo Anal Ultrasound Scan may be recommended to you if you have been troubled by:

- Faecal incontinence - leakage of stool
- Fistula
- Pelvic floor weakness.

### The procedure

Our Consultant or Specialist Nurse will explain the procedure to you, take a brief health history, answer any questions you may have and obtain consent. You will be asked to remove your clothes waist down and you will be given a towel to cover yourself. You will be asked to lie on the examination couch on your tummy or on your left side. The ultrasound transducer is covered with a clean protective cover and lubricated with gel and will be inserted into your anus (back passage). Several images will be taken which allows identification of the muscles of the anal canal and store images for later review.

This test takes approximately 5-10 minutes although, the overall appointment may take a bit longer.

### What are the potential risks and side effects?

Ultrasound is considered to be a harmless investigation and there is not known side-effects from diagnostic ultrasound scanning. These are quick, simple, painless examination and do not require any sedation or anaesthetic.

### What should I do before I come into hospital?

There is no special preparation to follow before your appointment. However, it would be helpful and more comfortable for you if you could pass urine and have opened your bowels before attending the scan but is not essential. You can still eat and take your normal medications up until the time of the procedure

### Sources of information

You can find National guidance on the National Institute Healthcare and Clinical Excellence website. [www.NICE.org](http://www.NICE.org),



## Important information

The information in this leaflet is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

## Your comments

We are always interested to hear your views about our leaflets. If you have any comments, please contact the Patient Experience Team – Tel: 0300 131 4731 (direct dial) or by email at: [esh-tr.patientexperience@nhs.net](mailto:esh-tr.patientexperience@nhs.net)

## Hand hygiene

The Trust is committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

## Other formats

**If you require any of the Trust leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department.**

**Tel: 0300 131 4434 Email: [esh-tr.Accessibleinformation@nhs.net](mailto:esh-tr.Accessibleinformation@nhs.net)**

After reading this information are there any questions you would like to ask? Please list below and ask your nurse or doctor.

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## Reference

East Sussex pelvic floor service

Next review date: April 2025  
Responsible clinician/author: (Marina Balola, Bowel Dysfunction Specialist Nurse  
Mr El-Dhuwaib, Bowel Dysfunction Lead)

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