



Royal Berkshire
NHS Foundation Trust

Hepato-Biliary Pancreatic Jaundice Nurse Specialist Service

Information for patients,
relatives and carers

Compassionate

Aspirational

Resourceful

Excellent

This leaflet is for patients who are jaundiced, either because of gallstones, and / or biliary tract disease. It explains the role of the Hepato-Biliary Pancreatic (HPB) specialist nurse and how she will support you and improve your care. The HPB specialist nurse works closely with the consultant gastroenterologists to provide information, support and advice.

Aims of the HPB specialist nurse

- To contact you to ask about your symptoms.
- To explain any diagnosis and answer questions.
- To explain what happens next – like scans and tests.
- To keep you updated about your case.
- To discuss your case at team meetings with all the specialists treating you.
- To ensure that your results reach your consultant as soon as possible.

HPB nurse-led clinic

We may invite you to attend the Royal Berkshire Hospital's specialist nurse-led clinic held in Outpatients 1, South Block every Thursday morning. At this appointment the nurse will assess your condition, ask about your medical history (including all medications) and arrange blood tests. Usually this lasts 20-30 minutes. We may ask you to return to the Endoscopy Unit for a procedure called Endoscopic Retrograde Cholangio Pancreatography (ERCP). This will help to diagnose and/or treat the cause of your jaundice. The HPB nurse can answer any queries you have about the day.

What is an ERCP?

The doctor will pass a flexible tube (an endoscope) with a camera and light at the side into your mouth then down your throat and on through your stomach to your small bowel. The camera shows the inside of your body on a screen. X-rays will show where the bile blockage is which is causing your jaundice. It also allows the doctor to take

samples to aid diagnosis if necessary. At the same time the doctor may remove any stones blocking your bile duct. They may also put in a plastic or metal mesh pipe called a stent. This should help your bile to flow and resolve your jaundice. ERCP is a day case procedure but a small number of patients may need to be admitted if you develop any complications whilst you are being monitored in recovery.

Potential risks of an ERCP

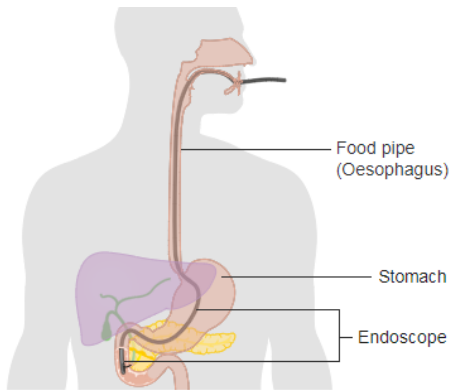
- Inflammation of the pancreas (pancreatitis) occurs in approximately 5-6% of cases. The majority of patients are given a Diclofenac suppository into their rectum to reduce this risk
- Infection of the bile ducts (cholangitis). You will be given some antibiotics through the tube in your vein after your ERCP
- Bleeding is uncommon & usually stops on its own straight away

What happens on the day?

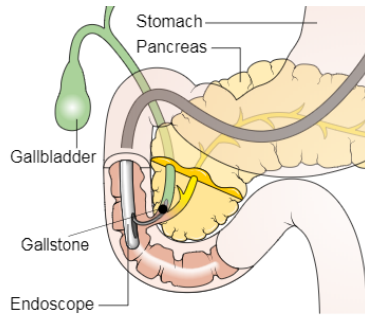
- We will ask you to lie flat either on your stomach or slightly towards your left.
- We spray the back of your throat with local anaesthetic then put a guard in your mouth.
- Next we pass a flexible tube into your mouth and down your throat.
- We will give you some drugs:
 - A sedative through a tube into your vein to relax you.
 - A strong painkiller to make you feel more comfortable.
 - A drug to relax your small bowel.
- You must not eat or drink anything for 2-3 hours after the ERCP.

How long will the ERCP take?

The order of the procedure list can change at short notice due to emergencies. We will do our best to tell you about any change in the start time for your procedure. The ERCP itself lasts between 20 minutes to an hour or more. You can expect to be in the hospital for most of the day.



View of flexible endoscope passing from the mouth to the small bowel



The endoscope within the small bowel facing towards the entrance to bile duct

After the ERCP

It is essential that somebody collects you from the unit and stays with you overnight after your ERCP. This is because the sedative can stay in your system for up to 24 hours.

The HPB nurse will usually see you on discharge with the consultant. The next day she will telephone you to see how you are and answer any questions.

Contacting the HPB nurse specialist

The HPB nurse works Mon-Fri. Please leave a message and she will get back to you as soon as possible.

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To find out more about our Trust visit www.royalberkshire.nhs.uk

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