

## Patient information

# Examination under Anaesthetic EUA of the Outer and Middle Ears

## Ear Nose and Throat Department

Your Consultant / Doctor has advised you to have an Examination Under Anaesthetic (EUA).

### What is EUA?

It is an operation to find out what the problem is with your ear/s and provide guidance for treatment. The procedure is usually done as a day-case.

### Your admission letter will advise you when to stop eating and drinking.

Admission for day case procedure requires you to have an escort home, access to a telephone and someone with you overnight.

### What are the benefits of having EUA?

If it has not been possible to establish what is wrong with your ear/s and the cause of your problem in the outpatient department an EUA will allow the doctor a more detailed examination and allow removal of any polyps, overgrown tissue and infection in order for effective treatment to begin.

### What are the risks of having EUA?

- **Infection** is a risk depending on whether a further procedure was performed. This may present as **discharge**, and you may be prescribed antibiotic drops.
- **Bleeding**: you may have a pack in for a short time if this happens.
- **Hearing Loss**- this is very unlikely but may be permanent.
- **Tinnitus**- noises in the ear should be short lived if they occur at all, however there are no guarantee that it will not be permanent.
- **Dizziness**- this may be due to alteration of air temperature during the procedure and should resolve.

You may change your mind about the operation at any time, and signing a consent form does not mean that you have to have the operation. If you would like to have a second opinion about the treatment, you can ask your specialist. He or she will not mind arranging this for you. You may wish to ask your own family doctor (GP) to arrange a second opinion with another specialist.

## **Are there any alternatives available?**

The alternative would be to continue with microsuction and topical treatments (e.g., ear drops/ ointments).

## **What will happen if I decide not to have the procedure?**

A diagnosis cannot be made therefore your symptoms may persist or worsen.

## **What sort of anaesthetic will be given to me?**

You will be given a general anaesthetic. General anaesthesia is drug-induced unconsciousness: an anaesthetist, who is a doctor with specialist training, always provides it.

Unfortunately, general anaesthesia can cause side effects and complications. Side effects are common, but are usually short-lived: they include nausea, confusion and pain. Complications are very rare, but can cause lasting injury: they include awareness, paralysis and death.

There is a risk of damage to teeth, particularly caps or crowns and veneers. Your anaesthetist will take every care, but occasionally damage can occur.

The risks of anaesthesia and surgery are lower for those who are undergoing minor surgery, and who are young, fit, active and well.

For more information, please ask for a copy of the Royal College of Anaesthetists patient information "You and Your Anaesthetic"

You will be given an opportunity to discuss anaesthetic options and risks with your anaesthetist before your surgery.

**If you are worried about any of these risks, please speak to your consultant or a member of their team.**

## **Getting ready for your operation**

- You will be seen in the pre-operative clinic before you are admitted to hospital. Here you may have blood tests, a heart trace and other investigations as necessary. You will be assessed to see if you are fit for the anaesthetic.
- The staff will ask routine questions about your health, the medicine you take at the moment and any allergies you may have.
- You will be able to discuss the operation with a nurse practitioner. You will be asked to sign a consent form to say that you understand the procedure, and what the operation involves.

## **The day of your operation**

- Before your general anaesthetic, you must not eat for a minimum of six hours or drink for a minimum of three hours. You will be told when this is to start.
- Please leave all cash and valuables at home. If you need to bring valuables into hospital, these can be sent to General Office for safekeeping. General Office is open between 8.30 am and 4.30 pm Monday to Friday.

- Therefore, if you are discharged outside these times we will not be able to return your property until General Office is open. The Trust does not accept responsibility for items not handed in for safekeeping.
- You will be asked to remove jewellery - plain bands can be worn but they will be taped. Please leave body piercings at home. False nails and nail polish will also need to be removed if worn.
- Please do not wear any makeup.
- If you are on regular medication, you will be told to take this if necessary.
- You will be asked to put on a gown and disposable underwear. You may bring a dressing gown and slippers in with you.
- A bracelet with your personal details will be attached to your wrist.
- You may be prescribed some medication to take before your operation by the anaesthetist. A member of the nursing staff will give this to you.
- A porter will take you to the operating theatre.
- If you have dentures, glasses or a hearing aid they can stay with you on your journey to the operating theatre. They will be removed whilst you are in the anaesthetic room and kept with you until you arrive in the recovery area. Once you are awake, they can then be put back in place.
- When you arrive in the theatre waiting area, a nurse will check your details with you. You will then be asked to put on a disposable hat.
- You will then be taken to the anaesthetic room.

### **What should I expect after my operation?**

- After your operation you will be kept in the theatre recovery room before being transferred to the ward.
- A nurse will check your pulse, blood pressure and breathing regularly. It is important that if you feel any pain, you must tell the nursing staff; who will give you painkillers to help.
- The nursing staff will also advise you when you can start taking sips of water. Anaesthetic drugs can make some people sick. If you feel sick, we advise you not to drink until this feeling has passed. The nursing staff may offer you an injection to help this sick feeling go away.
- The first time you get out of bed, please make sure you ask a nurse to be with you. This is in case you feel dizzy.

### **Going Home**

Your doctor/nurse practitioner will normally discharge you on the day of your operation.

Because you have had a general anaesthetic, for the next 24 hours **you must not**

- Travel alone.
- Drive any vehicle e.g., car or ride a bicycle.

- Operate machinery (including domestic appliances such as a kettle).
- Climb ladders.
- Make important decisions; sign any business or legal documents.
- Drink alcohol.
- Return to work within 12 hours of treatment. Your general health and any medicines you are taking may increase the time you need off work.

### **You should**

- Take it easy: avoid strenuous activity for the rest of the day; take your medications as usual.
- Let someone else care for anyone you usually look after, such as children, the elderly or sick relatives.

### **Discharge Information**

#### **Pain relief and medication**

The nursing staff will advise you about painkillers before you leave the hospital. Please tell the nurses what painkilling tablets you have at home.

#### **Your ear**

- You may have a pack in your ear; this must stay in as advised by the doctor.
- If the packing in your ear starts to fall out, you **must not** pull it out or push it back in. Just cut it off at the opening of your ear canal.
- You may be given some drops or cream to use in your ear/s after you are discharged. You must use these as your doctor advises.
- Please keep the wound dry especially after washing; this helps to prevent infection.
- Put cotton wool smeared with Vaseline into the ear canal when bathing/ showering.

#### **Getting back to normal**

Remember that you have just had an operation. It is normal to feel more tired than usual for a few days after having an operation.

#### **Returning to work**

You can self-certify for the first seven days of sickness. Before you are discharged, a medical certificate (fit note) can be issued at your request by the ward staff to cover the expected time off you will need. For any further fit notes, you will need to go to your GP.

#### **Further Appointments**

A follow up appointment will be arranged for you before you go home.

## Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

## Further information

**If you have any questions or worries, please contact the ward or the Nurse Practitioners.**

**ENT Nurse Practitioners**

**Tel: 0151 706 2290**

**Text phone number: 18001 0151 706 2290**

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All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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