

What happens during the EndoSure Test?

- The entire procedure takes approximately 60 minutes and requires no special preparation or any anaesthesia.
- You are requested to use the bathroom prior to the start of the test as you are unable to move once the test begins.
- You will be asked to remain in a comfortable reclining position for the duration of the test. Loose-fitting clothing should be worn.
- Your phone must be on silent and away from you for the duration of the test and any smart watches removed.
- Three electrodes are placed on the skin of the abdomen and will remain in place for the duration of the test (shaving isn't likely but may be required) and take approximately 10 minutes to settle. A respiratory belt is also applied. During this time you will complete a questionnaire.
- An equipment test is performed for a maximum of 5 minutes. A baseline trace of your gastrointestinal electrical signals is then taken over 10 minutes in the pre-stimulation period.
- You will be asked to drink water during a five-minute period of time until you feel full.
- The gastrointestinal electrical signals are then recorded for 30 minutes in the post stimulation period, after which the electrodes are removed and the test is complete.
- Depending on the clinic, results may be given the same day by the clinician if present, or sent out to you once reviewed by the clinician.
- Due to the nature of the test, relatives and friends cannot accompany individuals during the test.



Preparing for the EndoSure Test

3 days before the test	No nausea, motility or spasmodic medication – Please see * below for details (if unsure, Please check with the clinic or contact one of the EndoSure Team directly)
2 days before the test	No opioid medications if possible
8 hours before the test	NO FOOD OR DRINK. If required, small sips of water are allowed up until 2 hours before the test
2 hours before the test	NIL BY MOUTH

* Prokinetic medications such as Reglan (metoclopramide), erythromycin, Motilium (domperidone), Bethanechol and antispasmodic medications such as Bentyl (dicyclomine), Donnatal, Levsin (hyoscyamine), or Robinul should be discontinued 3 days prior to the test. Pain medications can also slow down the intestine and can affect this test. These include: Demerol, codeine, morphine, Oxycontin, Percocet, Percodan. These medications should be stopped for two days (48 hours) prior to this test. This list is not exhaustive, if in doubt check with the clinical staff when making the appointment.

More information can be found on our website <https://itsabouttime.me/>

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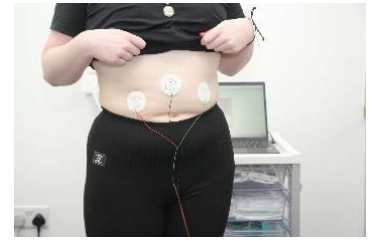


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What is the EndoSure Test?

The test is a diagnostic tool for endometriosis and adenomyosis that uses findings that come from an EVG (electroviscerogram).

It is a simple, non-invasive and painless procedure similar to an ECG (electrocardiogram). Whilst an ECG measures the electrical activity of your heart, an EVG measures the electrical activity of your stomach and intestinal tract. An EVG is used to help diagnose disorders which effect the contraction of the small intestine. These contractions are very irregular with high frequency gastrointestinal electrical signals, which correlates with the presence of endometriosis.



Are there any risks associated with the test?

There are no risks associated with this test. There are no components of the test equipment which are harmful. Please alert the person performing the test if you have any allergies to adhesives.



Can I take my medicine before an EVG?

Take critical medicines, such as those for your heart, blood pressure, breathing, or seizures, with sips of water no later than 2 hours before the test.

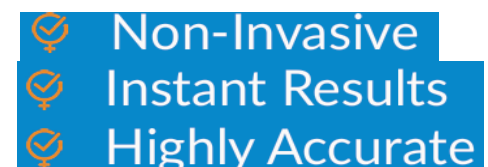


Are there any contraindications to the test?

Please avoid taking the test if you have had bowel surgery within the last six months, had an intestinal infection within the last two months or you have a known bowel obstruction. The EndoSure Test is not suitable when in the second or third trimester of pregnancy and beyond. If you have a persistent cough, this may prevent a good trace being recorded. If unsure, please speak with the clinic or member of the team ahead of the test.

Is there any pain associated with this test?

There is no pain associated with this test. The test is completely non-invasive. In fact, there are no needles, or the need to obtain samples of your blood or tissues. There are no medications required nor anaesthesia or sedation.



How will I get my results?

While the results are available immediately, they need to be processed and confirmed by the clinician who will contact you with the results.



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