

What precautions should I take following the procedure?

As you have had some sedation you must be accompanied if you are going home.

Somebody should stay with you overnight.

Do not drive; operate dangerous machinery, drink alcohol, or sign legally binding documents for 24 hours afterwards.

How will I know the results of the test?

You will receive a follow up appointment in approximately two weeks' time, when the results will be discussed with you.

Please contact our Lung CNS or your hospital doctor's secretary if you do not receive a follow up appointment.

Advice upon discharge

- Report any problems immediately.
- Contact the Lung Clinical Nurse Specialist (CNS) (between 09:00-17:00 hrs) or your Accident and Emergency Department if out of hours
- In case of:
 - 1 bleeding or
 - 2 shortness of breath or
 - 3 significant chest pain

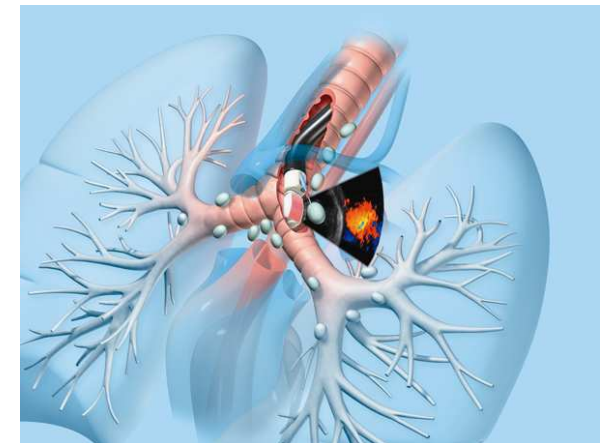
Report to the nearest A&E department with this leaflet.

Contact Details:

If you have any queries before or after the procedure, please contact the Lung CNS at Darent Valley Hospital on 01322 428276 or on Bleep 491 (via switchboard)

Darent Valley Hospital Department of Respiratory Medicine

Guide to EndoBronchial Ultrasound (EBUS)



What is EBUS-TBNA:

EBUS stands for **Endobronchial ultrasound**

TBNA stands for **transbronchial needle aspiration**.

This procedure allows doctors to see and take samples from the glands in the centre of the chest (mediastinum).

The flexible telescope called a bronchoscope is passed into your lungs via your mouth with you lying as flat as possible. A small camera at the end of the bronchoscope enables the doctor to look directly into your air passages. There is a small ultrasound probe on the end of the camera that allows the doctor to see the glands that lie outside the airways (bronchi) in the mediastinum and take samples under direct vision.



What should you do before the test?

1 Stop any blood-thinning medicines (warfarin, LMWH, NOAC, aspirin, clopidogrel) as instructed by the clinician

2 As you will be sedated, it is important that you arrange transport to and from the hospital and have someone at home with you afterwards.

3 Please do not eat or drink anything for 4 hours before the test

4 Take your usual medication(s) with a small sip of water.

What happens during the procedure?

This test is done under sedation given through a needle (venflon) in your hand/arm. Some patients go off to sleep, others simply find that they feel comfortable and relaxed. Following sedation, some patients may not remember anything about the test.

Anaesthetic will be sprayed in the back of your throat. You may sense altered sensation to breathing and swallowing as the throat becomes temporarily "frozen"; but you will be able to breathe and swallow normally

Your oxygen levels, pulse and BP will be monitored continuously throughout the procedure.

The whole procedure takes about 30-60 minutes depending on how many samples are taken.

What happens after the procedure?

You will be allowed to rest in the Endoscopy Unit where a nurse is always present, until the sleepiness has worn off.

You may continue to receive oxygen for a short while.

As your throat has been anaesthetised you may feel that you cannot swallow properly. This feeling will wear off within approximately 60-90 minutes, after which time you will be allowed a drink. You may find that your throat feels sore for a day or so

Are there any after effects?

It is common for patients to have a minor sore throat or cough up a little blood after the examination and this should not alarm you. Extremely rarely, infection can occur following EBUS but this is usually easily treatable with antibiotics.

Following EBUS-TBNA there is a very small risk of air or blood leaking into the centre of the chest.

If you cough up large amounts, feel unwell, or develop a fever, chest pain or shortness of breath please report to an Accident and Emergency Department or call 999.