

# Having an EBUS

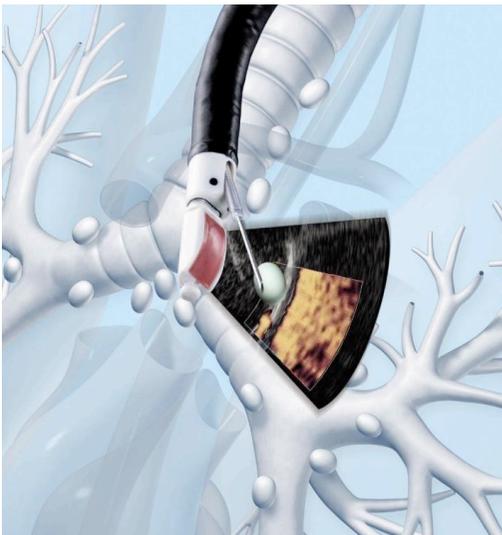
(Endoscopic Bronchial Ultrasound)

Endoscopy unit: **01922 656217**

This leaflet will provide you with information regarding an (EBUS) Endoscopic Bronchial Ultrasound test; it will explain why you need the investigation and how to prepare for it. If you have any concerns or are unsure of anything please contact us on the number shown above. The specialist will explain the process with you before the examination is carried out.

## What is an EBUS?

An EBUS is a camera test which will allow the doctor to sample your lymph nodes from inside the chest. It is a day case procedure done under sedation and you will be discharged home the same day.



It involves passing a thin tube called bronchoscope into your mouth and down into your wind pipe. At the tip of the bronchoscope, a small ultrasound probe is attached which helps the operator to detect the lymph nodes. A needle is passed along the bronchoscope and samples will be taken from lymph nodes.

## Preparation for an EBUS

**It is vital that your stomach is empty for the EBUS to be carried out.**

**To ensure your Stomach is empty it is necessary for you to not have anything to eat or drink 6 hours before your appointment.**

## What should you do before coming to Hospital?

**If you are Diabetic or on any blood thinning tablets such as Warfarin, Clopidogrel Rivaroxaban, Apixaban Dabigatran and Aspirin please ring Endoscopy on 01922 656217**

**We will give you instructions about your medication.**

As you will be given sedation, you will not be allowed to drive or use a public transport after the procedure.

Therefore, you need to arrange someone to come and take you home from the hospital. You also need to arrange someone to stay with you over night.

Please continue to take your other usual medications with a tiny sip of water unless your doctor tells you otherwise. Take your inhalers and nebulisers as usual.

## On the day of the test

The test is done in **Endoscopy Unit, Route 201 (level 2)** of Walsall Manor Hospital. When you arrive at the Endoscopy Unit please report to the reception desk; your details will be confirmed and you will then be asked to take a seat in the waiting area.

In readiness for your procedure a Nurse will invite you into a separate room to ask you questions about your health and confirm your arrangements for going home. The doctor will explain the procedure to you and will ask you to sign a consent form.

You will then have the chance to ask any questions that you may have.

There may be a slight delay before you are taken through for your procedure; however a relative or friend is more than welcome to wait with you

## What happens in the Test

First of all, we will put a small plastic needle into one of your arms to give you sedation. You will be connected to a monitor to measure your blood pressure, heart rate and oxygen levels and they are measured throughout the procedure. You will also be given oxygen. The doctor will spray the back of your throat with local anaesthetic and put a mouth guard in between the teeth. You need to lie flat for the procedure. After giving you the sedation, the doctor will pass the scope through your mouth into your windpipe. During the procedure, the doctor will give you more local anaesthetic sprays and sedation as required. The local anaesthetic will make you cough which will settle in a minute or two. Once the doctor has taken enough samples, he will take the scope out and you will be moved to recovery room. The actual procedure takes 30 to 45 minutes.

**Due to the sedation, it is vital that you have an adult to accompany you home (by car or taxi) and for an adult to be with you until the next day. It is strongly recommended that you**

**do not drink any alcohol, drive any vehicle, operate any machinery, sign any legal documents, or return to work for 24 hours. This is because the effects of the sedation last this long.**

**Please note that your appointment will be cancelled if you do not arrange for someone to take you home and stay with you for 12 hours.**

## In the examination room

Before the EBUS is done you will be asked to remove your glasses if you wear them (contact lenses can stay in) and remove any false teeth (a denture pot is provided). Outer clothing such as coats or jumpers will also need to be removed. The EBUS will then be performed once you have confirmed whether you wish to have the local anaesthetic spray to your throat or sedation.

## After EBUS

You will have had local anaesthetic throat spray so will have to wait 2 hours before you can eat or drink. You may be able to go home earlier than this; the nurse will advise you when you are fit to leave and will give you some written information to take home with you.

If you have had sedation you will be cared for in the recovery area, on the trolley, until you are fully awake and it is safe for you to go home. This may take about 1 hour. You will be escorted to the waiting area by the nurse team to the person accompanying you and you will be given written instructions to take home with you.

## Side Effects of the Procedure

You may experience a sore throat or may cough up tiny amounts of blood. These should settle with in a day or two. However, if you are developing any fever or coughing up large amounts of blood, then you need to see either your own doctor or attend A&E department. Very rarely, there is a small risk of either blood or air leak into the chest and in those occasions, you need get immediate medical help.

## When will I get the results?

It takes 2 weeks for the results to come through. Your consultant will then arrange an appointment to see you with the results.

## Success Rate

We quote a success rate of 80% with this procedure. If we don't achieve a diagnosis with EBUS, your consultant may be referring you to the surgeons for an operation to obtain a better biopsy and he will be discussing this with you in due course.