

Having an Endobronchial Ultrasound (EBUS) Procedure

This handout offers information on how to prepare for your Endobronchial Ultrasound (EBUS) Procedure. Your surgeon's office will call you with the date and time of your appointment. Your appointment will be at Lakeridge Health Oshawa.

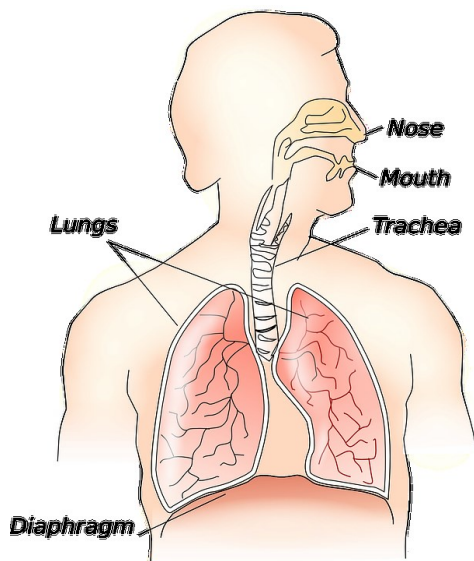
Date of your appointment: _____ Time of your appointment: _____

What is an EBUS procedure?

A bronchoscope (a thin, flexible tube) with an ultrasound device is put into your mouth and into your trachea during an EBUS procedure. See the picture below.

This allows your doctor to see inside and around your:

- Trachea (windpipe)
- Mediastinum (the space between your lungs)
- Lungs



Anatomy of your lungs



Bronchoscope with ultrasound device

During the EBUS procedure, small samples of your lymph nodes may be removed (biopsies). This procedure is used to diagnose lung cancer, infections, and other diseases that cause lymph nodes in your chest to grow.

What are the risks of having an EBUS procedure?

1. Coughing

You will be given a medication to help you relax during this procedure. This will help prevent you from coughing because of the tube in your airway.

2. Low oxygen level

Your oxygen levels are monitored during this procedure. The level of oxygen in your blood may drop because of the tube in your airway. Extra oxygen will be given to you if this happens. Your oxygen levels will return to normal when the tube is removed.

3. Infection

This does not happen to many people. You will be given a medication if you are at high risk of an infection.

4. Bleeding

You may have some bleeding after your biopsies. The doctor knows how to manage this.

Getting ready for your EBUS procedure

- If you take a blood thinning medication, you need to stop taking it before this procedure.

Examples of blood thinning medications: Apixaban (Eliquis), Dabigatran (Pradaxa), Rivaroxaban (Xarelto), Warfarin (Coumadin), Clopidogrel (Plavix) and Edoxaban (Lixiana).

The name of your blood thinning medication: _____

When you need to stop it: _____ days before this procedure.

When you can restart it: _____ days after this procedure.

- Plan to have an adult drive you home and stay with you for 24 hours after this procedure. Your EBUS procedure may be cancelled if you do not plan for this.
- Do not drink alcohol for 24 hours before your EBUS procedure.
- Do not eat any food after midnight the night before your EBUS procedure.

On the day of your EBUS procedure

- Continue to drink clear fluids. This includes water, black coffee or tea (you may add sugar or sweetener but no milk or cream), sports drinks (no red or purple), carbonated drinks, pulp free fruit juices (no orange juice). Stop drinking fluids 3 hours before the scheduled time of your EBUS procedure.
- Take your regular medications (unless your doctor or nurse tells you something different).

Getting to your appointment for this procedure

- Enter the north entrance of Lakeridge Health Oshawa (on Hospital Court),
- Walk past the Gift Shop and Food Court,
- Take the escalator or elevator up to the 2nd floor,
- Turn right into the hallway,
- Go to the Surgical Registration Desk to register for your appointment.

You need to bring:

- Your Health Card
- A list of the medications you are taking
- Medications you need to take while you are at the hospital

Having the EBUS procedure

You will be lying on a stretcher for this procedure. An intravenous (IV) line will be put into one of your veins. Medications will be given to you through your IV. These medications will help you relax and keep you comfortable. The doctor will spray the back of your throat with an anesthetic (freezing). A bronchoscope (a thin, lighted tube) is put through your mouth and down into your airway. The bronchoscope allows your doctor to see the lymph nodes in your chest so they can take biopsies.

What you can expect after the EBUS procedure

- You will feel drowsy for about 30 to 60 minutes after this procedure.
- You need to be awake before you can go home.
- Have an adult drive you home after this procedure.
- You need to have an adult stay with you for 24 hours after this procedure.
- Do not drive a vehicle or operate machinery for 24 hours after this procedure.
- The nurse will tell you when you can eat and drink.
- You may have a sore throat and a hoarse voice for 2 to 3 days.
- You may cough up a small amount of blood for a few days after this procedure.

What you can do to manage your sore throat or hoarse voice:

- Suck on a lozenge (cough candy)
- Gargle with warm salt water
- Drink 6 to 8 cups of fluids in 24 hours

Talk to a member of your healthcare team if you have questions or do not understand any of the information in this handout. Your nurse navigator will have given you a card with the number to call between the hours of 8 am and 4 pm from Monday to Friday. The cancer centre is closed on weekends and holidays.

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