

Having an Endobronchial Ultrasound (EBUS) Procedure

This handout tells you 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.

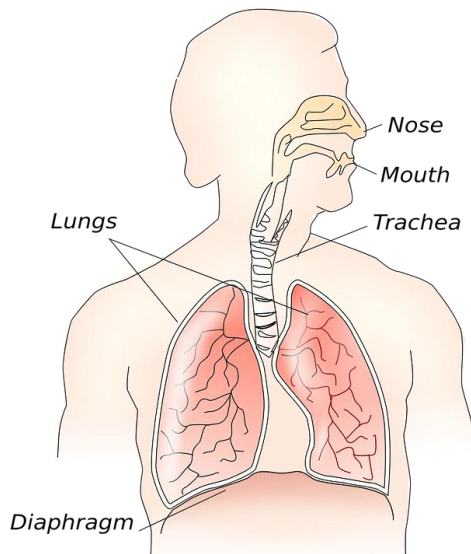
Date of your appointment: _____ Time of your appointment: _____

What is an EBUS procedure?

During an EBUS procedure, a bronchoscope (a thin, flexible tube) with an ultrasound device is put into your mouth and into your trachea. 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 that helps 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 when your biopsies are done. The doctor knows how to manage this.

Getting ready for your EBUS procedure

- If you take a **blood thinning medication**, your doctor or nurse will tell you when to stop these medications before this procedure. You will be told when it is okay to restart them after this procedure.

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

- **Do not eat or drink anything** (including water, gum or candy) after midnight the night before 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.

On the day of your EBUS procedure

- Take your regular medications with a small sip of water (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 will need to bring:

- Your Health Card
- A list of the medications you are taking
- Medications that 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.
- An adult will need to pick you up and drive you home after this procedure.
- An adult will need to 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 2-3 days.

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

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

Please 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 for you to call between the hours of 8:00am and 4:00pm from Monday to Friday. The Cancer Centre is closed on weekends and holidays.