



Thoracic Diagnostic Assessment Program

Last reviewed: February 2023

A list of your tests and appointments

Diagnostic tests

Test:	
Date:	Time:
Location:	
What you need to do to be ready for this test:	

Test:	
Date:	Time:
Location:	
What you need to do to be ready for this test:	

Test:	
Date:	Time:
Location:	
What you need to do to be ready for this test:	

Test:	
Date:	Time:
Location:	
What you need to do to be ready for this test:	

Test:	
Date:	Time:
Location:	
What you need to do to be ready for this test:	

Test:	
Date:	Time:
Location:	
What you need to do to be ready for this test:	

Test:	
Date:	Time:
Location:	
What you need to do to be ready for this test:	

Test:	
Date:	Time:
Location:	
What you need to do to be ready for this test:	

Test:	
Date:	Time:
Location:	
What you need to do to be ready for this test:	

Test:	
Date:	Time:
Location:	
What you need to do to be ready for this test:	

Test:	
Date:	Time:
Location:	
What you need to do to be ready for this test:	

Test:	
Date:	Time:
Location:	
What you need to do to be ready for this test:	

Test:	
Date:	Time:
Location:	
What you need to do to be ready for this test:	

Test:	
Date:	Time:
Location:	
What you need to do to be ready for this test:	

Specialist appointments

Doctor:	
Specialty:	
Date:	Time:
Location:	
Notes:	

Doctor:	
Specialty:	
Date:	Time:
Location:	
Notes:	

Doctor:	
Specialty:	
Date:	Time:
Location:	
Notes:	



Contents

What is the Thoracic Diagnostic Program?	7
Your Thoracic DAP team members	8
Your respiratory system	10
The tests you may have	11
The procedures you may have	14
Waiting for tests, appointments and results	16
Your questions	18

Your doctor has questions about the health of your chest and lungs and has referred you to the Thoracic Diagnostic Assessment Program (DAP). The Nurse Navigator from the Thoracic DAP will be calling to give you more information.

This booklet will give you information about:

- The care you will get from the Thoracic DAP
- The anatomy of your lungs and chest
- The tests used to look at the health of your chest and lungs
- How to get ready for your tests and appointments
- How to contact your Thoracic DAP team

What is the Thoracic Diagnostic Assessment Program (DAP?)

The Thoracic DAP is coordinated through the Durham Regional Cancer Center at Lakeridge Health Oshawa. The Thoracic DAP has doctors and nurse navigators who see patients at Lakeridge Health - Oshawa site and the Peterborough Regional Health Center. The Thoracic DAP will work with you and your healthcare team to schedule appointments needed to find answers to the questions your doctor has about your chest and lungs.

Your Thoracic DAP team members

1. A Nurse Navigator

Your Nurse Navigator will:

- Work with your healthcare team to make sure your tests are booked as soon as possible. Your appointments will be booked together when possible to lessen the time and distance you need to travel.
- Give you the information you need to be ready for tests and appointments.
- Talk to you about the next steps in your care.
- Answer your questions.



You can call the Nurse Navigator at:

905-576-8711 or 1-866-338-1778 ext. _____

from 8 a.m. to 4 p.m., Monday to Friday - except on holidays.



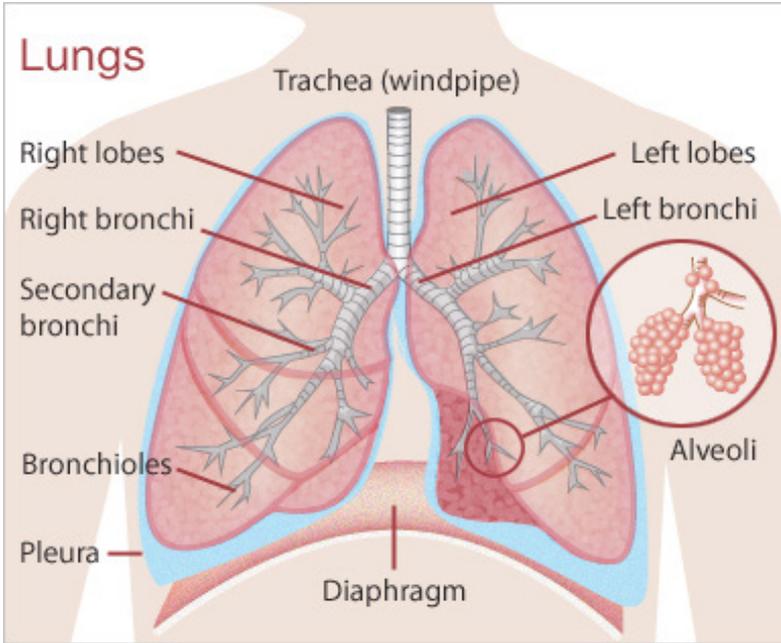
2. A thoracic surgeon

A thoracic surgeon is a doctor who performs operations on the lungs, esophagus and other organs in the chest.

3. A respirologist

A respirologist is a doctor who specializes in the diagnosis and treatment of lung diseases.

Basic anatomy of your lungs



You have 2 lungs. They are located in your chest. You have 1 lung on each side of your chest. Your right lung has 3 lobes or parts. Your left lung has 2 lobes. You breathe air into your windpipe (trachea). Your windpipe divides into two tubes (bronchi) that lead to the left and right lungs. In your lungs, the bronchi become smaller (bronchioles) until they reach your air sacs (alveoli). The job of the alveoli is to add oxygen to your blood and take waste gases out. The waste gases are removed from your body when you breathe out.

The tests you may have

Your Thoracic Surgeon or Respiriologist will order the tests you need. You may not need to have all the tests listed below. You will be given a follow up appointment with the Thoracic Surgeon or Respiriologist to talk about your test results.

Laboratory (Blood) tests

You may need to have blood tests that will give your Thoracic DAP team information about your blood counts, electrolytes and your liver and kidney function.

Pulmonary Function Test (Breathing Test)

A pulmonary function test measures how well your lungs are working, and how well you are able to tolerate surgery or other treatments. This test takes about 15 to 45 minutes to do.



PET (Position Emission Tomography) /CT Scan

You will go to another hospital for this test. During a PET/CT Scan, you will be given an injection of a radioactive material called a tracer. This injection will be given to you through an intravenous line (IV) put into one of your veins. The tracer collects in an area of your body, where it will give off a small amount of energy. The PET scanner will find this energy and make a picture of your body's organs and tissues, showing areas where this tracer 'lights up' during the scan.

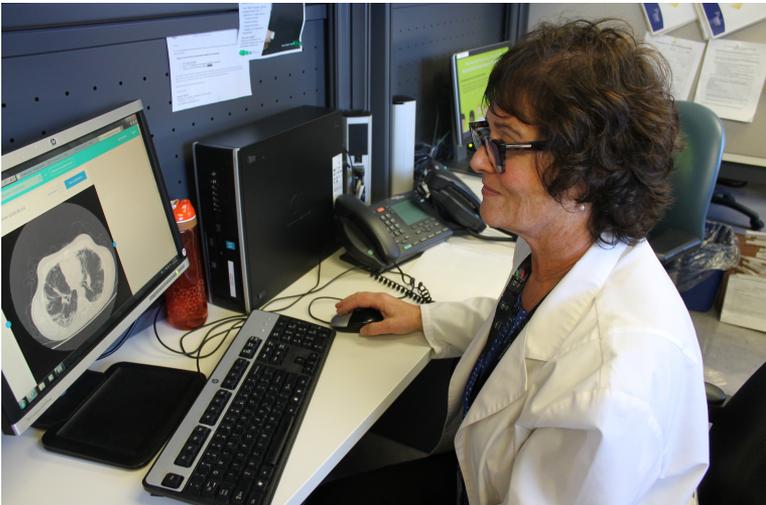
For this test, you will be asked to lie down on a table. This test takes about 30 to 45 minutes. Time is also needed for the planning of your PET/CT Scan. Your appointment will be about 3 hours in total. You will be given information on what to do to be ready for this test. Please tell your Nurse Navigator if you are diabetic as there will be special instructions for you.



MRI (Magnetic Resonance Imaging)

You will go to the MRI Department of the hospital for this test. An MRI uses radio waves, a powerful electromagnet and a computer to make pictures of your body's tissues and structures. You may need to be given an injection of dye (called contrast) to make the pictures of your organs and other structures show up better. This will depend on what part of your body is being scanned. You will be asked to lie down on a table that will go inside the MRI machine.

You cannot move any part of your body while you have an MRI. You will hear loud tapping noises while the MRI is being done. This test takes about 30 to 45 minutes.



Bone Scan

You will go to the Nuclear Medicine department of the hospital for this test. A bone scan is completed in 2 stages. For the first stage, you will be given an injection of a radioactive tracer. This tracer helps make your bones show up better for the pictures taken in the second stage of your bone scan. After your injection, you may leave the Nuclear Medicine department. You will need to return to the Nuclear Medicine department 3 hours later to have the second stage of your bone scan done.

The procedures you may have

These are procedures where samples of fluid, cells or tissue are taken so they can be looked at under a microscope. Your Nurse Navigator or the clerk will give you the information you need about these procedures.

Fine Needle Aspiration (FNA) or Needle Biopsy of the Lung

A needle is put into an area of your body to remove a small sample of your cells. Before the needle is put in, this area of your body will be numbed with freezing.

Ultrasound guided biopsy

An ultrasound is used to guide the needle to the area being biopsied.

CT Scan (Computerized Axial Tomography) guided biopsy

A CT Scan is used to guide the small needle to the area or nodule being biopsied. This is done in the Radiology department of the hospital. You can expect to be at the hospital for about 4 to 6 hours.

Thoracentesis

A thoracentesis is a procedure that lets a buildup of fluid between your lungs and chest wall (called a pleural effusion) drain out. A thin needle with a small tube attached to it is put in between your ribs and into the space around your lung. The fluid will drain out through the small tube. This procedure will make it easier for you to breathe, and allows for the collection of a fluid specimen for testing.

Mediastinoscopy

A small opening is made at the bottom of your neck by your Thoracic Surgeon. Your Thoracic Surgeon uses a long thin tube with a camera to see the inside of your upper chest in the space between your lungs. During the procedure, lymph nodes along your windpipe are examined and a small sample may be removed.

This is a day surgery procedure that is done in the operating room, under general anesthetic.

Bronchoscopy

A bronchoscope (a thin, lighted tube) is put into your mouth and down your windpipe to look into your breathing passages. Through this tube, your Thoracic Surgeon or Respiriologist can collect cells or small samples of tissue to be looked at under a microscope. You will be given medication (sedation) that makes you sleepy while you have the bronchoscopy done. You will be at the hospital for 2 to 3 hours to have this procedure done. You will need to have someone drive you home from the hospital.

Endobronchial Ultrasound (EBUS)

During an EBUS procedure, a bronchoscope (a thin, flexible tube) with an ultrasound device is put into your mouth and into your trachea. This allows your doctor to see inside and around your: trachea (windpipe), mediastinum (the space between your lungs) and your lungs. 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.

Waiting for tests, appointments and results

It can be hard to wait for appointments and test results. It is normal to feel worried or upset. Many people feel this way.

What you can do while you wait:

- Make sure we have the right phone number to call you.
- At the time of your test, ask when and how you will be told about your test results.

- Keep your normal routine. This can stop you from thinking about the time you have to wait.
- Do things that can help your body have the energy it needs to cope with stress. This includes: eating a healthy diet, getting a good night's sleep and reducing the amount of caffeine or alcohol you drink.
- Go for a walk. This may help you relax.
- Relax your mind by doing relaxation exercises or meditation.
- Talk about what is happening and how you are feeling with a family member or good friend. If you want to talk to someone about your feelings, your Nurse Navigator can help connect you with a social worker.
- Make an appointment to talk to your family doctor about what is happening.
- Some people find comfort in their faith and in prayer. It may help to talk to your spiritual leader.
- Have someone go with you to appointments. It's hard to remember all the information you may be given.



Do you know about MyChart™?

MyChart™ is a secure website that allows you to:

- See a calendar of your appointments. You will only see appointments booked in the Lakeridge Health computer system.
- Complete the Your Symptoms Matter questionnaire before your appointments with a doctor at the cancer centre.
- See consult notes written by any doctor you see at Lakeridge Health.
- See results of bloodwork done at the Durham Regional Cancer Centre.
- See results of tests done at Lakeridge Health.

For more information, ask your healthcare team for a copy of the MyChart™ brochure. You can sign up by giving your email to any clerk in the cancer centre.

