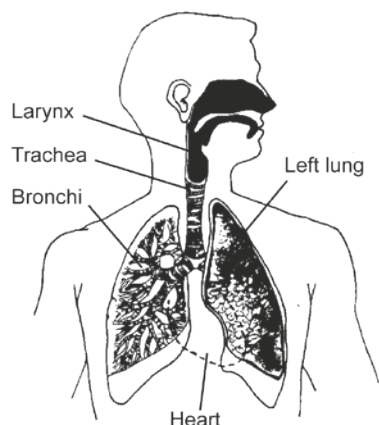


## Endobronchial Ultrasound (EBUS)



### What is an EBUS?

An EBUS is a special procedure used to take biopsies of body tissue from lymph glands inside the chest. The procedure is carried out using a special kind of bronchoscope. A bronchoscope is a thin flexible kind of 'telescope' which can be passed through the mouth and into the airways, to allow doctors to see inside the lungs and carry out the procedure. During the procedure ultrasound is used to help the doctor see the structures just outside the airways. The bronchoscope also contains a very fine needle. This needle is used to take the biopsies.

### What preparation is needed?

**If you are taking warfarin/aspirin/ clopidogrel/Apixaban / Dabigatrin / Rivoroxaban / Edoxaban (or any other medication which thins the blood), this may need to be stopped.**

If you are not sure if you are on a blood thinning medication, please discuss this with the doctor/nurse at the earliest opportunity. An up-to-date blood test may be needed to check your blood is clotting adequately.

**Before stopping any medication, please check with your doctor or specialist nurse.**

**The test will usually be in the afternoon. You may have breakfast before 8am and take your usual morning medication. You may have sips of clear fluid up to 11am on the day of the test. Nothing to eat or drink after 11am.**

If you have any questions regarding the test you will have another opportunity to ask the doctor prior to the procedure. You will be asked to sign a consent form.

**You will need to be collected following the procedure. Do not drive or operate machinery for 24 hours.**

### How is the procedure performed?

You will be made comfortable on a couch.

Sedation will be given to you into the vein on the back of your hand to make you feel sleepy; this may also make your mouth feel dry. The back of your throat will be sprayed with local anaesthetic which tastes bitter. A soft plastic tube will be placed just inside your nostril to give you some extra oxygen. A plastic clip will be placed over a finger to monitor your pulse rate and oxygen levels; other equipment may be used to monitor you during the test.

A plastic mouth guard will be placed in your mouth and once the anaesthetic has taken effect, the bronchoscope is passed into your mouth and down into your trachea (windpipe). The bronchoscope transmits pictures through a camera attachment on to a TV monitor for the doctor to look at. The bronchoscope may make you cough.

Once the bronchoscope is in position the doctor uses the ultrasound pictures to take biopsies. This is painless. The biopsies are sent to the laboratory for analysis. The bronchoscope is then gently pulled out.

The procedure itself usually takes about 30 minutes. However, it may take up to four hours for the whole appointment - to prepare, give time for the sedative to work, for the EBUS itself, and to recover.

## How will I feel after the procedure?

You will not be allowed to eat or drink until the local anaesthetic in your throat has worn off- this takes about 2 hours.

You may cough up a small amount of blood, this should stop within 24-48 hours. If it continues seek advice from your GP. Any hoarseness of your voice or sore throat will ease within a few days.

By the following day the effects of the sedation will have worn off and you should be able to resume normal activities

## What are the risks or complications?

Major complications are rare but include infection, bleeding, obstruction of the airway and major respiratory depression, which may occur in approximately 0.1% (1 in 1000) cases.

Mortality rate (risk of death from the procedure) is very low, approximately 0.02% (1 in 5000).

There is a very small risk (1 in 1000) of dental damage associated with passing the bronchoscope through the mouth.

## What happens next?

The biopsies taken during the procedure will be sent to the laboratory for analysis. The biopsies can take 7 to 10 days to be processed.

You may be contacted by telephone by the doctor or specialist nurse, or brought back into clinic to discuss the results. We always recommend that when you come into clinic you are accompanied by a relative or friend who would also be able to hear the information given to you.

For further information about EBUS, please contact:

(Lung Specialist Nurses) **01392 402168**

The Trust cannot accept any responsibility for the accuracy of the information given if the leaflet is not used by Royal Devon staff undertaking procedures at the Royal Devon hospitals.

© Royal Devon University Healthcare NHS Foundation Trust

Designed by Graphics (Print & Design), RD&E (Heavitree)