

## Respiratory Medicine

# What is an EBUS

An EBUS (endobronchial ultrasound) is a procedure that allows the doctor to look into your main air tubes and take samples from the lymph glands (also called lymph nodes) in the centre of your chest (mediastinum). These glands lie outside the normal breathing tubes (bronchi) and would not be visible without ultrasound.

A small camera at the end of the bronchoscope enables the doctor to look directly into your windpipe (trachea) and breathing tubes (bronchi). A small ultrasound probe on the end of the camera allows the doctor to see the glands outside the air tubes, and take samples under direct vision using a special needle – this does not hurt.

Very occasionally it is useful to look down your gullet (oesophagus) at the same time with the same camera (the anaesthetic in your throat will allow this), as sometimes the glands can be sampled from the gullet more easily (your doctor would have discussed this in advance with you).

### Why am I having this test?

Most commonly, it is done to take samples from the lymph glands in the centre of your chest (mediastinum) to find out why they are enlarged; this can be for a variety of reasons.

We would expect this test to give us the answer in 9 out of 10 cases - very occasionally further tests may be needed.

### Consenting to this procedure

A doctor will explain the procedure to you and ask you to sign a consent form. Questions or concerns should be discussed with a health care professional before you sign this form.

#### You should tell the doctor if:

- You are taking any medicines to 'thin the blood' such as Aspirin, Warfarin or Clopidogrel. These medications may need to be stopped before the test.
- You have an artificial heart valve, a history of endocarditis (heart valve infection), rheumatic fever, or have had your spleen removed – you may be given antibiotics beforehand.
- You have any allergies.
- If you have had a heart attack in the last 6 weeks – the test may need to be done later.
- You suffer from asthma or COPD (Chronic Obstructive Pulmonary Disease) – you may need a breathing test or medication to open up your air tubes before the EBUS test.

## What should I do before the test?

- Because you are having sedation, it is important that you arrange transport to and from the hospital. You must not drive yourself.
- You should not eat or drink **anything** from 9am on the day of your test.
- Take your usual medication(s) on the day of the test with a small amount of water at least 2 hours before your procedure, unless your doctor tells you otherwise.
- Wear comfortable clothing. It is best to leave jewellery at home, as you may be asked to remove it.

## What happens when I arrive at the hospital?

You should report to the Endoscopy Unit at 1pm on the day of your test.

- A member of the nursing team will explain to you what will happen to you during your visit, and record some information in an admission document.
- You will be given an Identity Band to wear on your wrist.
- Any dentures will be removed, and securely stored in a pot, which will be carefully looked after.
- The exact time at which your test takes place may vary and cannot be determined in advance and you need to be prepared to stay all afternoon.

## What happens during the test?

- The test needs to be done under sedation - a 'cannula' (plastic needle) will be inserted into your hand or arm to give you the sedatives.
- A combination of 2 sedatives will be used – one of these helps to reduce coughing. You will feel comfortable and relaxed. Following sedation many patients may not remember anything about the test.
- Your oxygen levels will be monitored throughout the test, and you will be given oxygen via a small foam padded tube placed just inside your nose.
- Some anaesthetic spray will be gently sprayed on the back of your throat – there may be a bitter taste similar to bitter bananas. There may be a different sensation to breathing and swallowing after this spray as the throat becomes 'frozen' – this is normal. You will be able to breath and swallow normally, although it may feel different. You can cough and swallow if you wish during the test.
- You will lay on your back for the test, a plastic mouth-guard will be put into your mouth to protect your teeth and gums from the camera, and you will wear plastic protective goggles.
- During the procedure you may feel slight discomfort as the bronchoscope is passed through your mouth and down into your trachea (windpipe) and more local anaesthetic spray is used. This may make you cough, but as the local anaesthetic takes effect this will quickly subside.
- The procedure takes around an hour, depending on how many samples are taken.

## What happens after the test?

- You will rest in the recovery area of the Endoscopy Unit, where a nurse will be present until the sedatives have worn off.
- You may continue to receive oxygen for a short period.
- The feeling in your throat will wear off after 2 hours of being given the anaesthetic spray – you will be able to drink after that period.

## Are there any side-effects?

It is common to have a minor sore throat or cough up a small amount of blood for a day or two after the test. You should not let this alarm you. However, if you feel very unwell, develop a fever, or cough up large amounts of blood you should contact the Endoscopy Unit (09:00 – 17:00) or the Accident and Emergency Department (17:00 – 0900).

Very rarely, a chest infection can occur following EBUS, but this is easily treatable with antibiotics. You should contact your GP or the Nurse Specialists if you start coughing up dark phlegm.

Following an EBUS there is a very small risk of blood or air leaking into the centre of the chest (mediastinum). These rare conditions are characterised by severe chest pain and shortness of breath. In this instance you should call 999 and go to the Accident and Emergency Department.

## Going home

- As you have had sedation, you must be accompanied home. Someone should be at home with you overnight.
- You **MUST NOT** drive, operate dangerous machinery, or sign legally binding documents for 24 hours after the sedation.

## How will I find out the results of the test?

You will be given an appointment to come back to the clinic for your results. No results will be available on the day of the test.

**Please contact your Consultant's secretary if you do not receive a clinic appointment.**

## Useful Numbers

Huddersfield Royal Infirmary (HRI) Endoscopy Unit	01484 355867
Calderdale Royal Hospital (CRH) Endoscopy Unit	01422 223920
Respiratory Secretaries ( HRI)	01484 355655/355581
Respiratory Secretaries (CRH)	01422 223122

## Further information:

British Lung Foundation – [www.lunguk.org](http://www.lunguk.org) Helpline 03000 030 555

NHS Choices – [www.nhs.uk](http://www.nhs.uk)

**If you have any comments about this leaflet or the service you have received you can contact :**

Respiratory Physician  
Respiratory Medicine  
Huddersfield Royal Infirmary  
Telephone (01484) 342335

[www.cht.nhs.uk](http://www.cht.nhs.uk)

**If you would like this information in another format or language contact the above.**

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਚ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਚੂਰ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسری اور فارمیٹ طرزبان میں درکار ہوں، تو برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم المذكور أعلاه"