

Endobronchial Ultrasound (EBUS)

What is an Endobronchial Ultrasound?

An endobronchial ultrasound (EBUS) is a minimally invasive procedure that allows your doctor to see areas inside your chest. It is used to help diagnose and stage certain cancers and other benign conditions. EBUS combines bronchoscopy (a procedure to look into the airways) with ultrasound (a procedure that uses sound waves to create pictures of the tissues). During EBUS, a doctor will use a bronchoscope (flexible tube with a camera and light) that has a tiny ultrasound probe on the end.

A tissue sample may be taken during the procedure. The final pathology report should be available within 5 business days. Your surgeon will review the report with you when you return for your postoperative visit. If your follow up appointment is not already scheduled, please call your surgeon's office.

How do I Prepare for the Procedure?

Some over-the-counter and prescription medicines can interfere with normal blood clotting and increase the risk of bleeding. Please review the attached **Medicine Checklist Before Your Procedure** document with your healthcare team to help determine when to stop taking certain medicines prior to your surgery. **Do not stop taking any medicines without talking to your healthcare team.**

- **Note: Important!**
 - **Do not** eat or drink anything after midnight on the night **before** the procedure. This includes water, gum, candy, coffee, and juice.
 - **Do not smoke before or after the procedure.**
- If you have diabetes and take medicine to control your blood sugar, talk to your healthcare team **before** the day of your procedure.
- You must have a responsible adult available to drive/escort you home from the hospital. **If you are alone, your procedure will have to be rescheduled.**

What Can I Expect Before the Procedure?

- The procedure may take between 30-60 minutes. However, you should plan on spending up to 4 hours for your entire appointment.
- Before your procedure, an intravenous (IV) line will be placed in a vein in your arm.
- EKG leads will be attached to your chest to monitor your heart.
- Medicine will be given through the IV to help you relax and make you feel drowsy.
- General anesthesia may be given, if needed. Your healthcare team will discuss this with you.

What Can I Expect During the Procedure?

- Medicine will be sprayed into the back of your mouth to numb your throat.
- A thin, flexible bronchoscope will be put into your mouth and gently moved down the back of your throat into your airway. You will still be able to breathe because the scope is narrow enough to let air pass by.
- Pictures will be taken with the ultrasound probe attached to the bronchoscope. These pictures will be used as a guide to take tissue samples.
- Tissue samples are taken using a needle that is passed down the bronchoscope.
- When the procedure is finished, you will be brought to the recovery area to be monitored until you are fully awake. This usually takes about 2 hours.
- Oxygen may be given.

- A chest x-ray may be taken.
- You won't be able to eat or drink anything until the medicine that was used to numb your throat wears off and you are able to swallow normally.

What Can I Expect After the Procedure?

- You may have a sore throat for 1-2 days. Throat lozenges or ice chips may help ease the soreness.
- You may cough up a little blood for 1-2 days.
- You may be sleepy for several hours.
- Do not drive, operate dangerous machinery, or drink alcohol for 24 hours.

When Should I Call My Healthcare Team?

Please call immediately if you:

- Feel soreness in your chest that lasts more than 2 days after the procedure.
- Continue to cough up blood more than a week after the test.
- Develop a fever of 100.5°F (38°C) or higher and/or shaking chills.

Please call 911 if you have any of the following:

- Acute (sudden or severe) chest pain.
- Difficulty breathing or shortness of breath.

If you are in need of immediate assistance, please call 732-235-2465 and select the option that best meets your needs.