

## EBUS

### *About your endobronchial ultrasound*

*This handout explains an endobronchial ultrasound, why it is used, and how to prepare for the procedure.*

### **What is an EBUS?**

EBUS stands for *endobronchial ultrasound*. The procedure uses sound waves and a small camera called a *bronchoscope* to take tissue samples from your lungs.

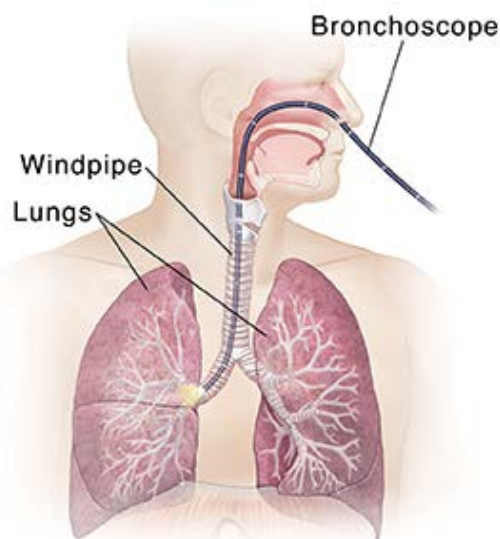
### **Why do I need an EBUS?**

Your provider may want you to have an EBUS because of abnormal findings on an imaging scan. An EBUS can diagnose conditions such as cancer or infection. It may help us decide the best treatment for you.

There is a chance that you may also need other procedures to help in your diagnosis and treatment. But, most times, an EBUS provides all the information we need.

### **How do I prepare for my EBUS?**

- Tell us if you are on any blood-thinning medicines (*anticoagulants*) such as warfarin or aspirin. We will need to plan how you will take these medicines before your EBUS.
- Make sure you have a responsible adult who can escort you home after the procedure. **You cannot drive yourself, or take a bus, taxi, or shuttle by yourself.** Your escort may drive you in a car, or ride with you in a bus, taxi, or shuttle.
- Plan for someone to stay with you for 24 hours after you get home.



*During your EBUS, your doctor will use a bronchoscope to take samples from your lungs.*

## What should I do on the day of the procedure?

### At Home

- Do **not** eat anything for 8 hours before the procedure.
- Do **not** drink anything starting 4 hours before the procedure.
- Unless we tell you otherwise, you may take your morning medicines as usual, except for aspirin and vitamins.

### At the Hospital

- **Check in at Admitting 1 hour before the procedure.** Admitting is on the 3rd floor (main level) of the hospital, to the right of the Information Desk in the main lobby.
- **You must have your blood drawn before your EBUS.** Go to Blood Draw on the 3rd floor. The lab is near the Cascade elevators, next to the Outpatient Pharmacy.
- After you check in at Admitting and have your blood drawn, go to the Digestive Health Center reception desk on the 3rd floor of the Surgical Pavilion.

## What happens after I check in?

- A nurse will take you to the procedure room and confirm:
  - Your ID, using 2 *identifiers* such as your name and birth date
  - That you have fasted for the past 8 hours
  - That you have somebody to escort you home after the procedure
- You will need to remove your glasses, hearing aids, and false teeth, if you have them.
- The nurse will then check your vital signs and insert an *intravenous* (IV) tube into a vein in your arm. We will give you medicines through this IV during the procedure.
- The doctor who is doing the procedure and the anesthesiologist will meet with you. They will explain the procedure and any problems that could occur. You will be able to ask any questions.
- We will then ask you to sign a consent form for the EBUS. If you do not want to sign the form, we will cancel the procedure and you will go home.

## What happens during an EBUS?

- Most times, EBUS is done using *general anesthesia*. You will be deeply asleep and will not feel any pain or discomfort. You may also receive *local anesthesia* to numb your throat.

- The anesthesiologist will monitor you during the procedure.
- Once you are sound asleep, the anesthesiologist will place a tube into your airway. This tube is connected to a *ventilator* (breathing machine). The ventilator will breathe for you while you are asleep.
- The doctor will pass the bronchoscope into your lungs through the airway tube. The scope is about as wide as a pencil. It has a small camera at the tip to see the inside of your lungs. It also contains an ultrasound probe.
- The doctor will use the ultrasound probe to find your lymph nodes. A special needle will then be inserted through the EBUS scope to remove cells from the lymph nodes.
- The lymph node cells will be sent to the lab. A *pathologist* will check the sample for signs of infection or cancer.

### **What happens after the procedure?**

- We will remove the airway tube.
- You will then be moved to the Post-Anesthesia Care Unit (PACU) for recovery. Most patients are in PACU for 30 minutes to 1 hour. The nurses will monitor you.
- You will be able to drink in the PACU if you did not receive local anesthesia to your throat. If you did receive local anesthesia, you will need to fast for 2 hours after the procedure.
- When the anesthesiologist says you are ready to go home:
  - The nurse will go over the care you will need at home.
  - We will remove the IV catheter.
  - Your escort will be able to take you home.

### **Self-care at Home**

- You may feel sleepy for the rest of the day and into the next morning.
- The medicine you received during the procedure will affect your ability to think clearly. For 24 hours:
  - Rest
  - Have a responsible adult take care of you
  - Do **not** drive or use machinery
  - Do **not** drink alcohol
  - Do **not** be responsible for children, pets, or an adult who needs care

- You may have a sore throat for the next 24 hours. Your voice may also be hoarse. This is caused by irritation from the breathing tube and bronchoscope.

## When to Call

Most patients do not have problems after an EBUS. It is normal to have:

- Some streaks of pink or light red blood in your spit (*sputum*).
- A slight rise in temperature. This can be treated with acetaminophen (Tylenol). Follow the doses given on the bottle.

Call the doctor if you have:

- A fever higher than 100.4°F (38°C) for more than 8 hours, that does not ease with Tylenol.

### Call 911 or go to an Emergency Room right away if you:

- Have shortness of breath or chest pain that is new or different.
- Cough up more than 1 tablespoon of bright red blood.

## When do I get the results?

We cannot give you the results right away. It takes time for the samples to be reviewed in the lab.

We will send the results to the provider who requested the procedure. That provider will contact you when they have received the results. If you have not heard from your provider within 1 week, please contact their office.

## Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

Weekdays from 8 a.m. to 5 p.m., call:

UWMC Bronchoscopy Suite:  
206.598.3068

UWMC Medical Specialties  
Center: 206.598.4615

After hours and on weekends and holidays, call 206.598.6190 and ask to page Pulmonology Fellow on call.