



Discharge Instructions following Endobronchial Ultrasound

Food:

In order to eliminate the risk of choking, do not eat or drink for 2 hours after the use of anaesthetic in your airway. Your physician or nurse will tell you when you can try a sip of cold water and if tolerated, you may start your regular diet at: : hours.

After the procedure:

- Your throat may be sore or your voice hoarse when the anesthetic wears off. This will soon go away. You can help your throat feel better by:
 - sucking lozenges
 - gargling with warm salt water
 - drinking warm liquids
- You may have a slight fever for 24 hours.
- You may cough up blood tinged (pinkish) mucous.

Notify your doctor or go to the nearest Emergency department if you experience:

- Shortness of breath/chest pain
- Coughing up more than a teaspoon of blood
- Fever or chills after 24 hours
- Dizziness accompanied by a fainting spell.

After sedation:

- You must have someone give you a ride home.
- Do not drive, operate machinery, drink wine, beer/alcohol or make legal decisions for at least 24 hours after receiving sedation.
- You can return to work the next day.
- You can return to all of your normal activities the next day.