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.