

GUIDE

Endobronchial Ultrasound (EBUS)

Appointment:

Date:

Time:

Campus:



The Ottawa Hospital | L'Hôpital
d'Ottawa

Disclaimer

This is general information developed by The Ottawa Hospital. It is not intended to replace the advice of a qualified health-care provider. Please consult your own health-care provider who will be able to determine if this information is appropriate for your specific situation.

This booklet was prepared in joint collaboration with the GI/Endoscopy Unit staff and physicians.

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In preparation for your EBUS procedure, you may be asked to complete the “Pre-op Health History Patient Questionnaire” form. It is available on The Ottawa Hospital Web site by following this link:

<http://www.ottawahospital.on.ca/en/documents/2017/01/nur-71-c-eng-1.pdf>

Please write your list of medications and allergies below (only if you are NOT instructed to fill the “Pre-op Health History Patient Questionnaire”)
(e.g.: Pantium 20 mg twice a day)

[illegible]

Responsible person taking me home:

Name: _____

Telephone: _____

What you should do

- **Bring this guide with you on day of appointment.**
- Tell your physician if:
 - You are allergic to any drugs or food
 - You take medications
 - You have heart or lung problems
 - You are diabetic
 - You are pregnant or breastfeeding
 - You have glaucoma
 - You are on blood thinners

Eating and Drinking Instructions

- Stop eating solid food at midnight the night before your surgery.
- Do not chew gum or suck on hard candy after midnight.
- Clear fluids make you feel well before surgery and may help speed up your recovery. Continue to drink clear fluids up to 90 minutes (1 ½ hours) before your arrival time to the hospital on the day of surgery.
- Drink at least 2 cups of:
 - Water
 - Apple juice
 - White cranberry or white grape juice
 - Colorless soft drinks (Sprite, Ginger Ale, 7-Up)
 - Colorless sport drinks (Gatorade, Powerade)
- Stop drinking 90 minutes (1 ½ hours) before your arrival to hospital.

Medications

- ☐ You may take your usual medications on the morning of the procedure with a sip of water.
- ☐ Bring the following medications with you:
 - Inhalers for asthma
 - Nitro spray (for chest pain)
 - Insulin (do **NOT** take the morning of procedure)
 - Pills for diabetes (do **NOT** take the morning of procedure)
- ☐ Do **NOT** take the following medication:
- ☐ Bring a list of your medications with you.

Other

- For safety purposes, remove jewellery and body piercings.
- Do not bring valuables (money, jewellery, body piercings, etc.). The Ottawa Hospital does not assume any responsibility for lost or stolen articles.
- Do not wear perfume, lotions, and aftershave or use hair products.
- Bring your glasses, hearing aid, dentures or other such aids to the hospital.
- If you have sleep apnea and use a machine at night, bring it to the hospital.
- Bring your Ottawa Hospital card if you have one and your Health card (OHIP, Quebec).
- Come directly to the Endoscopy Suite.

Sedation

This procedure is done under general anesthesia or moderate sedation, therefore:

- A family member or friend ***must*** be available to take you home after your procedure. You must make arrangements before you come to the Hospital. Your procedure may be cancelled if you do not have someone to ***accompany*** you home.
- Bring the telephone number (or cell phone number) of the adult who will take you home after your procedure. We will contact that person before you are ready to leave.
- If you live alone, it is recommended that someone stays with you overnight.

EBUS

Endobronchial ultrasound (EBUS) allows your doctor to examine the lining/walls of your airway and the structures behind your airway such as lymph node. The endobronchial ultrasound scope is passed through your mouth during the examination. The EBUS component produces sound waves creating images of the desired area when applied.

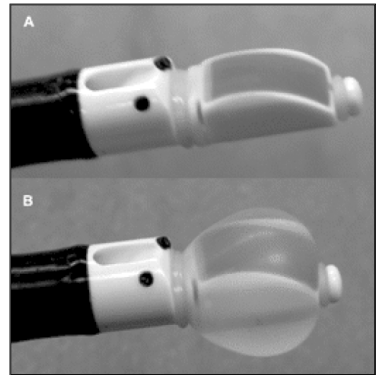


Why this test?

- The endobronchial scope gives the physician more detailed information that x-rays and other tests do not.
- It helps the physician to determine the nature of your problem.
- It allows the physician to take a small piece of tissue (a biopsy) for diagnosis/staging with the safety of ultrasound guidance and to decide upon the best treatment.

How the EBUS works

The endobronchial ultrasound scope is a flexible tube with a miniature ultrasound tip that generates images through sound waves and returns them to the viewer. Therapeutic and diagnostic procedures can also be performed by inserting other instruments through a hollow section of the ultrasound scope.



Before procedure

- You will be asked to wear a hospital gown.
- The nurse will ask you questions pertinent to your medical history.
- The nurse will also start an intravenous in your arm/hand.

What should you expect during the procedure?

- You will be accompanied to the procedure room either walking or by stretcher.
- A team of nurses and physicians will be with you.
- You will be asked to lie down on the stretcher.
- Some monitoring equipment will be applied, like blood pressure cuff and oxygen measurement clip.
- Oxygen will be given by 2 small prongs in your nose or mask over your face.
- You will either receive 1) sedation so you will feel more relaxed or even sleepy during the procedure or 2) general anesthesia.
- Local anesthesia (freezing) on airways is done by spraying a liquid solution in the back of your throat and again through the working channel of ultrasound scope during both the insertion and the procedure. This will prevent or minimize coughing during the procedure.
- It may be uncomfortable but not painful, and you can breathe normally.
- Biopsy, if required, is done through the same ultrasound scope. A regular bronchoscope may be used in exchange for EBUS scope to perform endobronchial or transbronchial biopsies.
- EBUS procedures generally take 45 to 60 minutes.

What happens after the procedure?

- You will return to the recovery area where the nurse will take your blood pressure and pulse on a regular basis.
- Patients that receive a general anesthesia will be recovered in the Post Anesthetic Care Unit (PACU) while those receiving moderate sedation will be recovered in the recovery area of the Endoscopy Suite.
- You will not be able to eat or drink for 2 hours after the procedure.
- You will stay a minimum of 1 hour.
- Additional tests or treatment may be needed; the physician will discuss it with you or he will give you a written note.
- If sampling was done, the results will be sent to your physician's office.
- Some results are available right away; others take longer (biopsies). The physician will make the necessary arrangements before your departure.

On leaving the hospital

- You must not drive a motor vehicle, operate hazardous equipment, or make any legal decisions for 24 hours. It is against the law (Criminal Code) to drive a motorized vehicle under the influence of sedative drugs.
- You are advised not to consume alcohol for 24 hours following your procedure.
- You must be accompanied by a **responsible** adult, even if you are travelling by taxi. **It is unsafe for you to travel by bus.**
- Follow the instructions given by your nurse and physician.

Directions

Civic Campus Endoscopy Suite

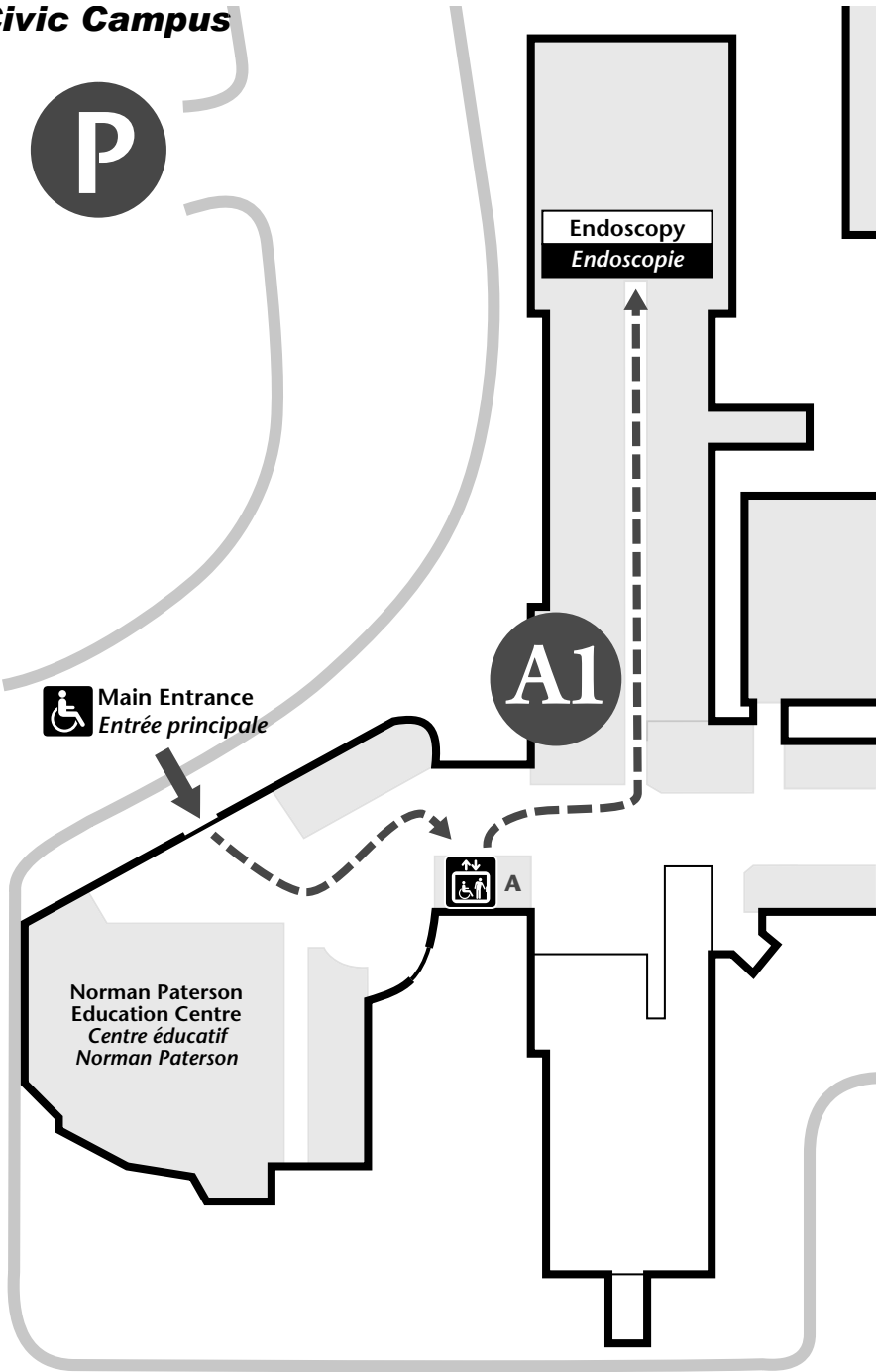
- Enter through main entrance and turn left
- Take elevator to 1st Floor
- Turn right out of elevator
- Walk to A1 sign and turn left
- Proceed to end of hall, Endoscopy Unit
- Hours of operation: 7:15 a.m. to 4:30 p.m.

Civic Campus

1053 Carling Ave.

Ottawa ON K1H 7W9

Civic Campus



Directions

General Campus Endoscopy Suite

- Come in by main entrance
- Turn left
- Turn right at the Coffee Shop
- Turn left before the elevators
- Turn right in the first hallway
- Follow hallway down to Endoscopy, Room M1438.
- Hours of operations: 7 a.m. to 5 p.m.

General Campus

501 Smyth Road

Ottawa ON K1H 8L6

**General
Campus**

