

Preparing for your endobronchial ultrasound (EBUS)

Your appointment:

Hospital: _____ Address: _____

Date: _____ Time: _____

Doctor's name: _____

Your appointment time is not the actual time of your exam.

If you cannot attend your appointment, please let us know in advance by calling
514-338-2222, option 1, ext. 1507.



Preparing for your endobronchial ultrasound



What is an endobronchial ultrasound?

An endobronchial ultrasound is a procedure that allows the doctor to examine the inside of the airways and surrounding structures. A flexible tube with a camera and ultrasound probe (about the same thickness as a pencil) attached is inserted through the mouth. This makes it possible to obtain images during the exam. It also allows the doctor to take samples to make a more precise diagnosis and guide treatment.

What are the potential side effects?

- Coughing
- Small amount of blood in secretions
- Throat irritation

What are the risks of complications?

The complications of bronchoscopy are very rare:

- Major bleeding (1 in 500 cases)
- Breathing difficulties
- Pneumothorax (1 in 500 cases)

Pneumothorax refers to air leaking into the area around the lungs. Drainage and hospitalization may be required.

How should you prepare for your endobronchial ultrasound?

If any of the following situations applies to you and you forgot to tell us about it when you made the appointment, call the nurse right away at 514 338-2222, option 1, ext. 1507.

Medications

- If you are taking blood thinners (Fragmin, Loveno, Coumadin, heparin, Plavix, ASA [Aspirin], Ticlid, Xarelto, Pradaxa, Eliquis , etc.).

You may need to stop taking certain medications a few days before the exam. It is important that you follow the doctor's instructions.

Medications to stop:

Stop date:

If you have any medication-related questions about the medication, call the Access Window nurse at 514 338-2222, option 1, ext. 1507.



Diet

It is important to follow these recommendations so the doctor can perform a high-quality exam.

☐ If your appointment is in the morning

- You must fast completely **as of midnight**.
- Take your usual medications (**except the ones stopped for the exam**) with a little water and your inhalers on the morning of the exam.

☐ If your appointment is in the afternoon

- You must fast completely **as of 7:00 in the morning**.
- Before 7:00 AM in the morning of your appointment, you may have a liquid breakfast (juice, coffee, tea, Ensure®, BOOST®), your usual medications (**except the ones stopped for the exam**) and your inhalers.

Fasting completely means:

Nothing to eat or drink (not even water) and no smoking.

What do you need for your appointment?

You need to bring:

- ☐ Your health insurance card.
- ☐ Your list of medications, including natural products and over-the-counter medications. Your pharmacy can provide you with the list or you can print it from the online Health Booklet at: <https://carnetsante.gouv.qc.ca/portail>.



You need to arrange for an adult to accompany you back home. Plan to spend half a day at the hospital.

The day of your endobronchial ultrasound

1. Reception

- Go to the Endoscopy reception. Ask at hospital reception if you need directions.
- Have your health insurance card and your hospital card ready.
- You will then be given important instructions for the rest of your exam.



The day of your endobronchial ultrasound (cont'd)

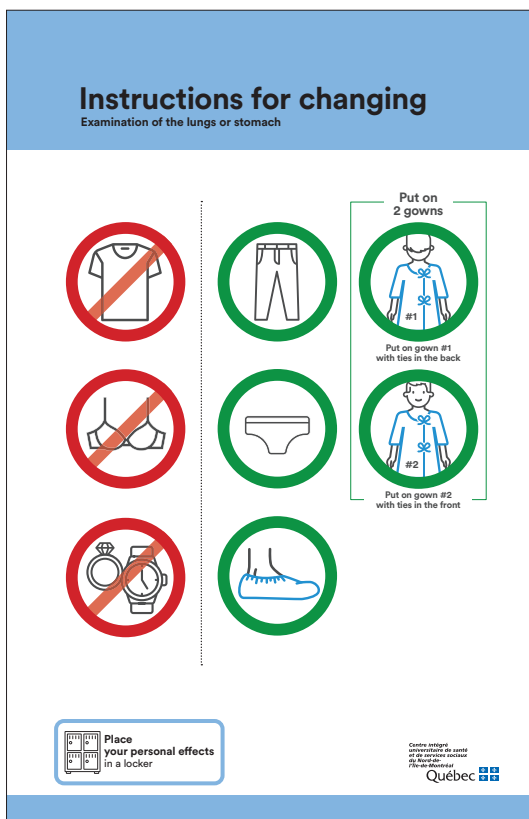
2. When you arrive at the Endoscopy department

- You will then be directed to the waiting room where you can use the change rooms. The instructions for undressing are posted in the booth on the blue poster.
- A nurse will call you and explain what will happen during the exam.
 - o The nurse will answer any questions you have.
 - o The nurse will ask you a few questions to find out about your state of health.
 - o The nurse will obtain your consent for the exam and the use of medication.
 - o Then the nurse will set up an intravenous catheter.

3. Details about the exam

- When you arrive in the exam room, you will lie on your back on a stretcher.
- Before starting the exam, the medical team will set you up properly and answer your questions.
- The nurse will ask you to remove your glasses and dentures, if applicable.
- You will receive a local anesthetic (Xylocaine) spray in the nose or throat. You will be given medications via a vein using the intravenous catheter. These medications help you relax and reduce discomfort during the exam.
- A mouth guard will be placed between your teeth if the tube is being inserted through the mouth.
- The doctor will then insert the thin, flexible tube into your nose or mouth and pass it as far as the bronchi, which are in the lungs.
- The endobronchial ultrasound device allows enough air to get into your lungs for you to breathe normally during the exam.
- Your breathing and vital signs will be monitored closely by the nurses and the doctor.
- It is common to get supplemental oxygen through a small, flexible tube installed under your nose or a mask during the exam. Do not be concerned by that.
- The procedure takes 40-60 minutes on average.

During the exam, you will be unable to speak. That will go back to normal once the exam is finished. An endobronchial ultrasound is not a painful procedure, but there may be discomfort. If needed, the doctor may give you medications to relieve and relax you.





The day of your endobronchial ultrasound (cont'd)

4. Recovery room

- You will then be transferred to the recovery room where a nurse will monitor you for at least 30 minutes after the last dose of medication received (this may be longer based on the assessment and judgement of medical staff).
- Your throat and tongue will be numb for about 30 minutes after receiving local anesthetic (Xylocaine).
- Before you leave, clinical staff will give you relevant information about your follow-up. If necessary, the doctor will see you.

IMPORTANT INSTRUCTIONS

- **A responsible adult will need to escort you home if you received medication to relax you and reduce discomfort during the exam.**
- You must not eat or drink for 2 hours following your exam: your throat will be numb and this could be a choking risk.
- Do not drive for 24 hours.
- Stay with a trusted person for 24 hours following the exam.
- Do not use heavy machinery for 24 hours after the exam.
- Do not make any important decisions for a few hours after the exam (such as signing a contract or making a will).

What to watch out for at home?

Potential adverse effects within 24 hours of the exam:

- Coughing
- Irritated throat
- Low-grade fever (lower than 38.5°C/101.3°F)
- Blood-coloured secretions

Contact your family doctor or go to the Emergency department if you have any of these symptoms 24-48 hours after the endobronchial ultrasound:

- Fever (above 38.5°C/101.3°F) or chills beyond 24 hours despite taking acetaminophen (Tylenol).
- Blood in sputum for more than one day.
- Cough with yellowish-greenish secretions.
- Chest pain.
- Shortness of breath which is continuous or limits your activities.
- Dizziness or fainting spells.

If you are concerned about your health following your EBUS, call Info-Santé at 811.

Notes :

Warning: This document in no way replaces the recommendations and treatments suggested by your healthcare professional.

For further information, please contact:

Endoscopy Department
 CIUSSS du Nord-de-l'Île-de-Montréal
 Phone: 514 338-2222, option 1, ext. 1507