

## Endobronchial Ultrasound (EBUS)


An endobronchial ultrasound (EBUS) is used to:

- Diagnose and stage lung cancer.
- Detect infections.
- Identify other diseases of the lung.
- Find other large lymph node diseases in the chest.
- Remove tissue and fluid samples from the lungs and surrounding lymph nodes.

The procedure uses a special device called a bronchoscope. It is fitted with an ultrasound probe at the tip. The device allows your doctor to see the inside of your lungs and airways.

It is passed through your mouth and down your trachea. A fine-gauge aspiration needle is used to take tissue and fluid samples from your lungs and surrounding areas. This procedure is less invasive than traditional surgeries. No incision is needed.

### Before the Procedure

- You will meet with a member of your health care team. You will have an opportunity to ask questions or address any concerns.
- You will be asked to sign a consent form for the procedure.
- The procedure is performed under general anesthesia. You will have an appointment with anesthesia team before your procedure day.
-  **Do not** eat anything after midnight before your procedure. You may drink clear fluids up to 2 hours before the procedure.
- You must have a responsible adult come with you on the day of your procedure. You may not drive yourself home after the procedure.
- Let your doctor know if you are taking blood thinning medicines, such as Coumadin®. You may need to stop taking them before your procedure.
- **Do not** smoke before the procedure. Smoking increases the amount of throat irritation.
- You may take medicines approved by your doctor and anesthesia team with sips of water the morning of your procedure.
- Tell your doctor about all the medicines you are taking including any over-the-counter medicines and supplements.
- A nurse will give you a call the day before your procedure to let you know your appointment time and check-in time. Check-in time is 1 hour before your procedure.
- If the nurse is unable to contact you, they will send a message to your MyChart account with the procedure time and check-in time.

### Procedure

- When you arrive, the nurse will complete an assessment.

- You will change into a hospital gown.
- The anesthesiologist will complete an assessment and you will be asked to sign the anesthesia consent.
- You will be taken to the procedure room.
- An IV line is placed in your hand or arm. Medicine is given through the IV to make you sleepy and comfortable.
- You will be continuously monitored by anesthesia team.
- The doctor will insert the bronchoscope through your mouth and down your trachea. The scope allows them to see the airways, blood vessels, lungs, and lymph nodes.
- Tissue and fluid samples are taken. The samples will be sent to lab for analysis.
- The procedure will take about 2 hours to complete.

## After the Procedure

- You will be monitored in recovery for 45 minutes after the procedure.
- **Do not** eat or drink anything for 2 hours after the procedure.
- You will be transported by wheelchair when discharged from recovery.
- **Do not** drive or operate heavy machinery until the day after the procedure.
- You must have a responsible adult drive you home after the procedure.
- **Do not** smoke for at least 2 hours after the procedure.
- **Do not** make important personal or business decisions or sign legal documents for at least 24 hours after your procedure because of sedation medicine.
- Tell your doctor if you have chest pain, or if breathing becomes painful or difficult.
- Ask your doctor when to resume taking your blood thinning medicine.
- Tell your care team if you have a fever of 101°F (38.3°C) or higher.
- Mild soreness and hoarseness in your throat can occur.
- You may see small specks of blood in your mouth or sputum (saliva or coughed up mucus) for a short period. Although this is normal, tell your doctor or nurse right away if the amount of blood increases.
- You are at a high risk for falls. A responsible adult is needed for assistance when you are out of bed for at least 24 hours after the procedure.
- You may return to your normal activities the day after the procedure.
- Results of the samples taken during the procedure take 48 to 72 hours to process. However, some tests may take up to 8 weeks to complete. Make an appointment with your doctor to review your test results.
- **Go to the nearest hospital emergency center or call 911 for any urgent medical issues.**
- The MD Anderson Acute Cancer Care Center is open 24 hours a day, every day.



If you have any problems or questions, call the Cardiopulmonary Center at 713-792-4015, and ask to speak to a pulmonary nurse.