

Tays / Keuhkosairaudet

## **EBUS bronchoscopy**

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EBUS bronchoscopy is performed under local anaesthetic by means of a thin (7 mm) endoscope, with an ultrasonic sensor at the end. In connection with the examination, samples are taken through the bronchi with a small needle. Hence valuable information on tissues located behind the bronchi is obtained. At the same time, the lymph glands can also be examined via the oesophagus, if necessary. By means of a smaller ultrasonic radial probe it is possible to take samples from deeper lung tissue.

Before the bronchoscopy you will receive premedication, and the pharynx and the respiratory tract are anaesthetized- Also, an intravenous sedative and cough suppressant medication are used during the EBUS bronchoscopy. The examination is performed via the nose or mouth and lasts approximately 30-45 minutes.

After the examination you will rest in the observation room for 1-2 hours. For this time you must still stay on an empty stomach, because the anaesthetic for the pharynx and the respiratory tract lasts for approximately two hours. Consuming food could cause food to get into the respiratory tracts. You may eat and drink approximately two hours after the bronchoscopy has been concluded.

### **Preparation**

You should come to the EBUS bronchoscopy from home in the morning at a pre-arranged time. We invite all our patients for bronchoscopy during the morning hours. The time provided in the invitation is not the examination time, but the order will be determined in the course of the day. Please reserve seven hours of time for the visit. **Refrain from eating and drinking for six hours prior to the examination. Do not smoke in the morning of the examination day.**

### **Medication**

Take the heart, blood pressure and asthma medicines prescribed for you, unless advised otherwise by your doctor, with a small amount of liquid (at most half a glass).

If you have insulin-treated diabetes, please get in contact with the diabetes nurse or doctor in order to obtain more specific instructions on the dosage of insulin in connection with the procedure.

**If you have an allergy to local anesthetic Lidocaine or are using blood thinning medication**( e.g. Plavix, Pradaxa, Eliquis, Brilique, Xarelto, Lixania, Marevan) or subcutaneously injected mini-heparin (e.g. Clexane, Innohep), contact the Pulmonary Diseases Outpatient Clinic in advance on 03 311 63165.

The use of acetylsalicylic preparations (e.g. Primaspan, Disperin, Aspirin) may be continued until the bronchoscopy.

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### **Registration**

When you arrive at the Pulmonary Diseases Outpatient Clinic, go to the self-registration kiosk to register. The invoice of the bronchoscopy will be sent to you by post.

### **Getting home**

You may usually leave for home in the afternoon after receiving instructions for follow-up treatment. The medication for EBUS bronchoscopy ('triangular medicines') causes fatigue and a temporary decline of alertness. Therefore, driving a car during the day of the examination is prohibited. You will obtain sick leave for the day of the examination, if necessary. You may go normally to work on the day after the examination unless your sick leave continues for other reasons.

It is possible to experience light haemoptysis and a temporary rise in temperature on the day of the examination. More serious post-examination symptoms manifested at home are very rare. The most common problem that requires aftercare is bronchitis. If you experience heavy bleeding while coughing, have shortness of breath or chest pain or if you experience a high fever, get in contact with the Tays (Tampere University Hospital) First Aid Unit Acuta, or your regional hospital emergency room. A very rare post-examination symptom (1:1000 procedures) is an abscess that develops in the mediastinum that may also cause a prolonged fever commencing 1-2 weeks after the procedure.

[The Tays website has a description of the treatment path of a patient for whom the bronchial procedure is performed.](#)

www.pirha.fi - asiakkaalle – hoitopolut -keuhkotoimenpidepotilaan hoitopolku (in Finnish).