



The Rowan Suite

World Class Private Heart & Chest Care

Endobronchial Ultrasound Guided Transbronchial Needle Aspiration Procedure (EBUS-TBNA)

Telescopic Examination of Airways



Information for Patients & Families

What is endobronchial ultrasound guided transbronchial needle aspiration?

Endobronchial ultrasound guided transbronchial needle aspiration is a procedure, which allows doctors to examine your breathing tubes and take samples from the glands inside the chest with the aid of an ultrasound scan. It is also known as EBUS -TBNA for short.

Why am I having this test?

Your hospital doctor has referred you for EBUS-TBNA. Samples obtained during the procedure can help your doctor diagnose or exclude certain lung conditions.

How do I prepare for the procedure?

You should not have anything to eat from the midnight before the procedure. Small sips of water may be taken up to two hours before the test. You may take your usual medications with a small sip of water. You will need somebody to accompany home and stay with you afterwards, as you will be drowsy from the sedation that is given at the time of the procedure.

Note

Please contact Dr Mohan's secretary on 0151 600 1153 if you are taking any of these medications - Warfarin, Aspirin, Clopidogrel, Dipyridamole, Ticagrelor, Rivoroxaban, Apixaban, Dabigatran, Enoxaparin injection, Dalteparin injection or diabetes medications including Insulin. We will provide you with further advice on how to take these medications in preparation for the procedure. Please bring all your medications on the day of the procedure.

What happens during the test?

The doctor will numb the back of your throat by spraying on some local anaesthetic.

This may taste a bit unpleasant (bitter bananas) but does not hurt. Also, you will be given a sedative to help you to relax. This will usually given by an injection into a vein in the back of your hand. Some patients do fall asleep following this, others simply find that they feel comfortable and relaxed. Following sedation, patients may not remember anything about the test. A further anaesthetic is given through a small needle in the front of your windpipe. This may make you cough for a brief period but will quickly settle down.

The procedure is carried out using a thin (about the width of a pencil) flexible telescope which passes through the mouth and into the breathing tubes.

The telescope allows the doctors to see both inside and outside the breathing tubes. Using a small needle, samples are taken from the central lymph glands inside the chest with the aid of an ultrasound scan.

Will I have any pain or discomfort during the test?

You may feel slightly uncomfortable during the test but it should not be painful. Some patients may experience cough during the procedure.

How long does it take?

The test is performed as a day case and lasts approximately 30 minutes. Following the procedure, you will spend approximately two hours on the ward to recover and most patients go home the same day.

What are the risks involved?

EBUS-TBNA is a safe test. Your throat may be a little sore for a day or so afterwards. You may feel tired or sleepy for several hours, caused by the sedative. You may also cough up a little blood for a couple of days following the test. The doctor will explain the possible side-effects and other risks in more detail before carrying out the procedure.

What can I expect after the test?

After the test you will return to the ward. You should not eat and drink anything for two hours after the procedure because your throat will still be numb. You may cough up a small amount of blood following the test; this is entirely normal and usually passes within 24 hours. You may also experience sore throat, hoarseness or a cough for a short while. You will need somebody to accompany you home and to stay with you for 24 hours until the effects of sedative have fully worn off.

You should not drive, operate machinery, drink alcohol or sign legally binding documents for 24 hours after having the sedative.

If you cough up large amounts of blood, develop chest pain, shortness of breath, fever or become unwell, please contact Dr Mohan's secretary on 0151 600 1153 during office hours 9.00 am – 5.00 pm or attend your local Accident and Emergency Department outside these hours.

How do I get the results?

The results of the test will be sent to the doctor who originally referred you for the procedure and this may take up to a week. Please contact your hospital doctor's secretary if you do not receive a follow up appointment in two week's time.

When can I resume normal activities?

Most people feel able to resume normal activities after 24 hours.

If you require a copy of this leaflet in any other format or language please contact us quoting the leaflet code and the language or format you require.

<p>إذا لديك الرغبة في الحصول على نسخة من هذه المعلومات بأي لغة أخرى أو بشكل آخر (على سبيل المثال بخطوط كبيرة) ، الرجاء الاتصال علينا على الرقم 0151 600 1257 موضحاً الشكل أو اللغة التي ترغب فيها.</p>
<p>如果您想索取一份以其他語文或形式（如大字體）編印成的資料傳單，請致電 0151 600 1257 向我們查詢，並說明您所需要的形式和語文。</p>
<p>ئەگەر ئەم زانیاریانەت بەهەر زمانیکی تر یاخود شیۆلژیکی تر دەویت (بۆ نموونه بە چاپی گەورە) ئەوا تکایە بە ژمارە تەلەفۆنی 0151 600 1257 پەیوەندیمان پێوە بکە و ناماژە بدە بەر زمانەیی یاخود شیۆهییە کە دەتەویت</p>
<p>W celu uzyskania niniejszej informacji w innym języku lub formacie (np. dużym drukiem), prosimy o kontakt z nami pod numerem 0151 600 1257 podając wymagany format lub język.</p>
<p>Haddii aad u baahan tahay koobiga wargelintan oo luqad ama qaab kale (sida far waaweyn) fadlan nagala soo xiriir 0151 600 1257 adiga oo noo sheegaya luqadda ama qaabka aad wax ku rabsid.</p>