

Endoscopy Unit

Endobronchial ultrasound guided transbronchial needle aspiration (EBUS-TBNA)

This booklet is to help you make an informed decision about agreeing to the procedure and to help answer any questions that you may have. It also explains the diet you need to follow 2 days before your appointment.

What is a bronchoscopy with EBUS-TBNA?

A bronchoscopy with EBUS-TBNA is a test that allows the doctor to look directly into the bronchial tubes of the lungs. This is done by using a bronchoscope, which is a tiny, flexible camera. It is usually inserted through your mouth, passes through your voice box (larynx), down your trachea and finally into your lungs. It does not affect your ability to breathe.

EBUS-TBNA allows the doctor to examine the lymph glands in your chest using an ultrasound on the bronchoscope. Samples (biopsies) are taken from the lymph glands with a needle from the tip of the bronchoscope. Multiple glands may need to be biopsied and these can all be done in one procedure.

Risks?

An EBUS-TBNA is known as an invasive procedure, which can lead to complications. You have a slight risk of developing a throat or chest infection following the procedure. Rarely, a bronchoscopy can cause damage to the lung. This is more likely to occur if a specialised biopsy of lung tissue is taken, which can sometimes collapse the lung. You are monitored by fully trained staff and there are 2 doctors present during your procedure.



Patient Information

Side effects

Most procedures are done without any problem, but you need to be aware of the following:

- Your throat may be a little sore for a day or so afterwards.
- There is a slightly increased risk of developing a throat or chest infection after a bronchoscopy.
- Careful monitoring by a fully trained endoscopy nurse ensures that any potential problems can be identified and treated rapidly.
- Serious complications occur in around 1 in 1000 bronchoscopies and the overall risk of this is very small.
- If, after discharge from the endoscopy unit, you have any problems with worsening breathlessness or chest pain, please contact your GP immediately and inform them that you have had a bronchoscopy.
- If you are unable to contact or speak to your doctor, you must go immediately to the hospital's Accident and Emergency (A&E) Department.

Medication

Please continue to take your regular medication as prescribed, unless you are taking any of the following:

- **Anticoagulants** – Please contact the Endoscopy unit on 024 7696 6805 if you are taking blood thinning medications such as **Warfarin, Clopidogrel, Rivaroxaban, Apixaban, Edoxaban, Dabigatran, Prasugrel or Aspirin**
- **Diabetes** – if your diabetes is controlled with **insulin** or **oral medication**, please contact the endoscopy unit. We will make ensure that you have received a diabetic information leaflet. This is to make sure you are seen in a timely manner.

Please contact the unit if you have an allergy to Latex.

Preparing for the procedure

Due to the nature of the procedure, we want you to have an empty stomach.

Patient Information

If you have a morning appointment (before 12 noon) please follow these instructions:

- Do not eat after **midnight**
- You may have a drink at **6am**

If you have an afternoon appointment (after 12 noon) please follow these instructions:

- You may have a light breakfast no later than **8am**
- You may have small sips of water until **two hours** before your appointment

How long will you be in the Endoscopy Unit?

This depends on how busy the Endoscopy Unit is. You should expect to be in the unit for around 3 to 4 hours. The Endoscopy unit also supports emergency patients and these can take over planned appointments.

The duration of stay also depends on how quickly you recover from the procedure and the effects of sedation medication.

Please note that we do not allow children in the Endoscopy unit. Please make childcare arrangements or ask for your appointment to be rebooked.

What happens when you arrive?

You will be checked in at reception. The receptionist will check your name, date of birth, address and confirm your arrangements for getting home. We will give you a patient wristband. This helps staff safely identify you during your stay in Endoscopy Unit.

A member of staff will then take you to an admission room where you will be asked to change into a hospital gown. They will go through a brief medical assessment to make sure that you are fit enough to have the procedure. If you have diabetes, your blood glucose level will also be recorded. If you take anticoagulant medication, a finger prick test (INR) will also be performed.

Patient Information

The nurse will make sure that you understand the procedure and will answer any questions or concerns you may have.

Your consent

A consent form is a legal document. Please read it carefully.

The doctor or nurse completing the form will explain the procedure to you, outlining the benefits and risks associated with the planned procedure.

You may ask questions about the procedure or ask them to repeat or explain further if you do not understand. You can decide not to go ahead at any time if you are not happy.

When you have read and understood all the information, including the possibility of complications, and you agree to undergo the investigation, please sign and date the consent form.

You will then wait in your admission room or be transferred to a waiting area, until it is your turn.

Is the procedure painful?

You may feel some discomfort. We offer the option of local anaesthetic throat spray or sedation.

Throat Spray

The back of your throat is numbed using local anaesthetic spray. After the spray, you will feel a lump in the back of your throat and may feel as though you are unable to swallow. This is completely normal and you are very safe. The effects last for about an hour after the initial spray. After this, you can start eating and drinking as before.

Sedation

If you choose to have sedation, the nurse will insert a small plastic tube (cannula) into the back of your hand or arm. We will use this to give you

Patient Information

the injection medication(s). A member of the team will give you more medication, during the procedure if it is needed.

After the procedure, you are not allowed to drive or use public transport alone. You will need to arrange for a family member or friend to collect you. You should not drink alcohol, operate heavy machinery or sign legal documents for 24 hours after your procedure.

The bronchoscopy with EBUS-TBNA procedure

You will be taken to the procedure room. The medical staff will introduce themselves. They will go through safety checks and answer any final questions.

You will be asked to remove any dentures to make sure they are not damaged. A blood pressure cuff and blood oxygen monitor are placed on your arm and finger to monitor you throughout. Oxygen will be administered via a sponge in your nostril. The doctor will numb the inside of your nose and the back of your throat with local anaesthetic spray. You will then be given sedation by the doctor, making you will feel drowsy and relaxed.

It is normal for saliva to collect in your mouth, this will be removed by a small suction tube similar to one used at the dentist.

The procedure then starts with the doctor inserting the bronchoscope into your nostril (or mouth) making its way into your lungs. The doctor will inspect the lining of your trachea and main bronchi (main airway). Once assessed, lymph gland samples may be taken through the bronchi wall if required and any other samples may be taken if necessary. This will be completed by the 2 doctors in the procedure room. You should not be able to feel this however, it may be uncomfortable. Once the doctor has finished, the bronchoscope is slowly removed.

Due to the nature of the procedure, you may cough up some blood. This is completely normal, so please do not worry.

Patient Information

After the procedure

You will be taken to the recovery area where you will be monitored by a nurse. You should expect to stay in the Endoscopy unit until a safe discharge time is planned. If you are diabetic, your blood glucose will also be checked.

Once you have recovered sufficiently, you will be moved to a chair and asked to get dressed. Your family member or friend will be contacted to arrange collection. Before you leave, the nurse or endoscopist may discuss the findings of the procedure with you. They will give you a discharge leaflet and a copy of your endoscopy report. They will also inform you of any further tests or treatment you may need.

If you normally suffer from memory problems, a family member or friend can be with you while you are being discharged.

You will be given specific information regarding eating and drinking before your discharge. These instructions have been agreed upon by the endoscopist. Please follow them carefully to prevent complications when you get home.

General information

- We aim for you to be seen and treated as soon as possible. However, emergency patients take priority. We apologise if this delays your appointment. We will keep you updated while you wait.
- You may want to bring a dressing gown and slippers with you.
- The hospital cannot accept responsibility for the loss or damage to personal property during your time on the premises.
- Please contact your GP immediately if you have problems with persistent abdominal pain or bleeding. Please tell them that you have an appointment with us.
- If you cannot speak to your GP and your symptoms persist, you must attend Accident and Emergency (A&E) immediately.
- If you require hospital transport for your appointment, please contact the hospital transport service on 01926 310312.

Patient Information

Further Information

If you need any more information or explanation, please contact the Endoscopy Unit on 024 7696 6805.

This booklet is based on information produced by the British Society of Gastroenterologists and has been adapted for UHCW NHS Trust by Sakina Lyall, Endoscopy Nurse. Dr Dhananjay Desai, Consultant Respiratory Physician. Joe Colby, Lead Nurse for Gastroenterology.

www.bsg.org.uk

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact us on 024 7696 6805 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

Did we get it right?

We would like you to tell us what you think about our services. This helps us make further improvements and recognise members of staff who provide a good service.

Have your say. Scan the QR code or visit:

www.uhcw.nhs.uk/feedback



Document History	
Department:	Endoscopy
Contact:	26805
Updated:	September 2024
Review:	September 2027
Version:	4
Reference:	HIC/LFT/2268/18