Information for patients and their families

Read this booklet to learn:

- what a bronchoscopy is
- what a mediastinoscopy is
- how to prepare
- what to expect
- what to do when you get home
- who to call if you have any questions

Your surgery has been scheduled for:

Date: ____________________________

Time: ____________________________

Come to the hospital at: _____________

You can expect to stay at the hospital for about 6 hours.
What is a bronchoscopy?

During a bronchoscopy, your surgeon uses a special tool called a bronchoscope to look at your throat, windpipe and lungs. If your surgeon finds any unusual tissue, they may remove a small sample. This sample is then sent to a laboratory to check for disease. This is called a biopsy.

You may receive a medicine to relax you (sedative) or medicine so you are asleep for this procedure (general anesthetic). Your surgeon or nurse practitioner will explain which is the most appropriate for you.
What is a mediastinoscopy?

A mediastinoscopy is a minor surgery. You will receive a general anesthetic so you are asleep. The risks for this surgery are very low. Less than 1 out of 100 people may have:

- bleeding
- some damage to their vocal cord nerves

Your surgeon makes a small incision (cut) at the bottom of your neck. It’s about 4 centimeters (2 inches) long. They pass a scope through the incision to check your tissue and take small samples from your lymph nodes. This is called a lymph node biopsy. Lymph nodes are small glands that help fight infection in your body.

The incision is closed with dissolvable stitches (they won’t have to be removed) and covered with a dressing. You can remove the dressing the next day.

This surgery takes about 60 to 90 minutes. You can usually go home the same day. Sometimes, you have a mediastinoscopy just before a major surgery. In this case, how long you stay in the hospital depends on the type of surgery you have.
How do I prepare?

☑ Don’t eat after midnight the night before your surgery.

☑ If you take any medicines, ask your surgeon if you should take them before your surgery. This is important if you are taking any blood thinning medicines such as Heparin, Pradaxa, Aspirin or Warfarin (also called Coumadin®).

☑ If you smoke, **stop smoking before the surgery**. Even 3 or 4 days of not smoking will help your lungs work better after your surgery.

☑ Don’t drink alcohol for 24 to 48 hours before your procedure or surgery. It can affect how the anesthetic medicine works.

☑ Plan to have someone pick you up from the hospital when you are ready to go home.

What can I expect?

**Before:**

1. Your doctor explains the surgery to you and asks you to sign a consent form. Signing this form means you agree to have the surgery.

2. You change into a hospital gown.

3. An intravenous (IV) is put in your arm or hand. You receive medicines through the IV during your procedure.
After:

1. Once you are awake, we take you on a stretcher to the Post Anesthetic Care Unit (PACU). The nurse will check your pulse, temperature, blood pressure and rate of breathing a number of times.

2. You stay in the PACU for about 30 minutes.

3. We then take you on a stretcher to the Medical/Surgical Day Unit. The staff will give you sips of fluids to drink. You stay here until you are ready to go home.

4. You will have a chest x-ray before you go home.

What should I do when I get home?

When you get home, don’t:

- smoke for at least 24 hours after your surgery
- drink alcohol for 24 to 48 hours after your surgery
- drive or use any machines or power tools for 24 to 48 hours after your surgery
- take any sedatives for 24 to 48 after your surgery (unless your doctor prescribes them)

Start with fluids and soft foods that are easy to swallow. Slowly work your way back to what you normally eat and drink.

If you have an incision, remove the dressing the day after and leave it uncovered. Wear loose clothing so it doesn’t rub on your incision.

If you feel pain, take an over-the-counter pain medicine. Your doctor may prescribe a stronger pain medicine for you.

Check with your surgeon when you can start back on your blood thinning medicine, if you were taking it before your surgery.
You may spit up a small amount of fresh blood after the surgery. This should stop after 2 to 3 days. If it lasts longer and wasn’t happening before your surgery, call your surgeon.

<table>
<thead>
<tr>
<th>Call your surgeon or nurse practitioner if:</th>
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<tbody>
<tr>
<td>• you have a fever over 38.5° C or 101° F</td>
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<tr>
<td>• you have chills</td>
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<tr>
<td>• pus (a yellowish liquid) comes out of your incision (cut)</td>
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<tr>
<td>• your incision smells bad</td>
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<tr>
<td>• your incision gets very swollen, red and/or hot</td>
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<tr>
<td>• your pain gets worse and does not go away when you take pain medicine</td>
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Who can I call if I have any questions?

Thoracic surgery team:

Dr. M. Cypel       ☎ 416 340 5156
Dr. G. Darling     ☎ 416 340 3121
Dr. M. De Perrot   ☎ 416 340 5549
Dr. S. Keshavjee   ☎ 416 340 4010
Dr. A. Pierre      ☎ 416 340 5354
Dr. T. Waddell     ☎ 416 340 3432
Dr. K. Yasufuku    ☎ 416 340 4290