

# EBUS



## WHAT IS IT?

Endobronchial Ultrasound guided Transbronchial Needle Aspiration (EBUS-TBNA) is a minimally invasive biopsy technique performed on an outpatient basis. This procedure is used in the diagnosis of lung cancer, infections, and other diseases causing enlarged lymph nodes in the chest.

## WHY IS IT USED?

EBUS allows physician to perform a technique known as transbronchial needle aspiration under real-time ultrasound guidance to obtain tissue or fluid samples from the lungs and surrounding lymph nodes. EBUS has improved the diagnostic yield of TBNA. The samples can be used for diagnosis and staging lung cancer, detecting infections, and identifying inflammatory diseases that affect the lungs, such as sarcoidosis or other cancers like lymphoma.

## HOW TO PREPARE FOR THIS PROCEDURE?

- Nothing to eat or drink after midnight prior to the procedure.
- Routine medications should be taken with sips of water.
- Blood thinners must be stopped 5 days prior to the procedure. These medications include: aspirin products, blood thinners such as warfarin (Coumadin), and non-steroidal anti-inflammatory products such as ibuprofen and advil. Tylenol is safe to take.

*Please inform your doctor if you are taking any blood thinners.*

## WHAT ARE THE RISKS?

Complications are relatively rare and most often minor. It is unlikely that you will have any problem other than a mild sore throat, hoarseness, fever or cough after the test.

- Discomfort and Coughing: The local anaesthetic and sedation will lessen any discomfort, but you may have coughing during the test due to the procedure of the tube within your airways.

- **Reduced Oxygen Level:** The level of oxygen in your blood may drop because of the presence of the tube in the airways. This usually only occurs temporarily and extra oxygen will be given.
- **Infection:** This may occur in the mediastinum caused by the biopsy. It is a rare complication. Antibiotics will be given to patients who are at high risk for infection
- **Bleeding:** This is a rare complication since the biopsy will be performed with real-time ultrasound imaging.

**WHAT HAPPENS AFTER THE TEST?**

- You may feel sleepy or drowsy for 30 to 60 minutes after the test.
- You will not be able to eat or drink anything until the local anaesthetic has worn off because your throat will be too numb to swallow safely. The numbness usually passes off after about an hour or so. Once the nurses are happy that the sedation has worn off you will be allowed to go home.
- Do not drive your self home. Have a friend or a family member bring you home after the test.

**APPOINTMENT INFORMATION:**

**Date:** \_\_\_\_\_ **Arrival time:** \_\_\_\_\_

**LOCATION:** The ENDOSCOPY Unit is located on the 2<sup>nd</sup> floor at The Toronto General Hospital.



Please contact Dr. Yasufuku’s office if you have any further questions at 416-340-4290.

If you are unable to keep your scheduled appointment, Please give our office at least 48 hours notice. *Please be aware that if you do not show for your appointment you maybe charged a fee.*  
Thank you