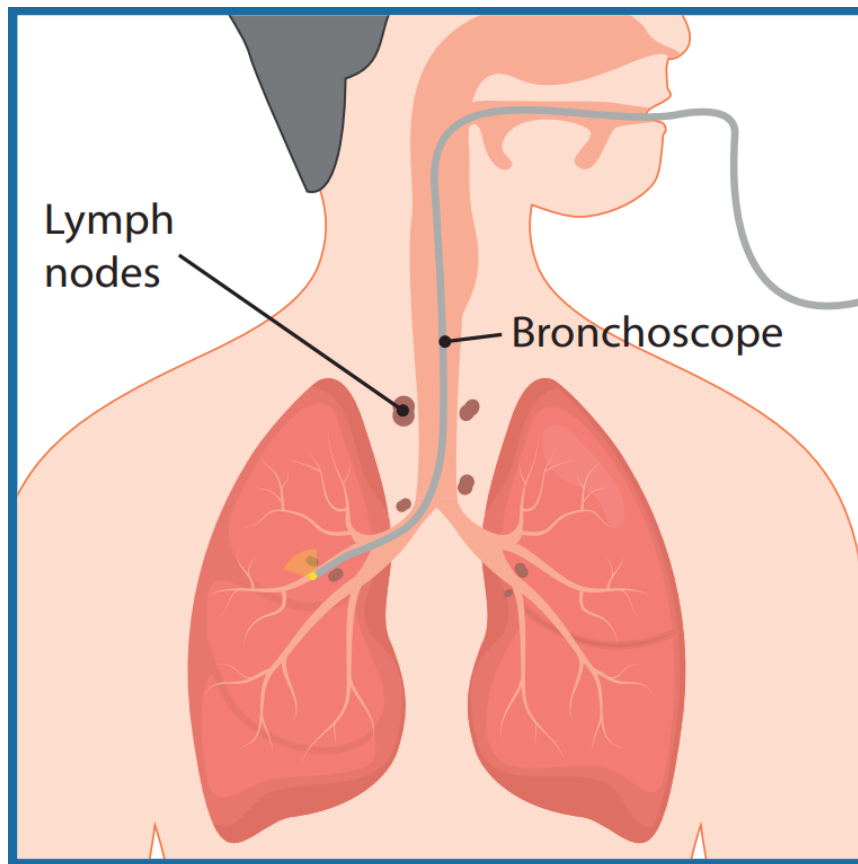


## Information for Patients

# EBUS-TBNA



### Please Note:

Your test may be carried out at any of the endoscopy sites across Manchester NHS Foundation Trust. Please check your appointment letter to make sure you attend the right unit.

You may need to start preparing for your test up to one week before your appointment. Please ensure you read this information in good time to ensure you know what to do. Poor preparation can result in cancellations and incomplete procedures.

If you are unable to keep your appointment, please contact the bronchoscopy unit as soon as possible via the number on your appointment letter

Thank you.

## Introduction

Your doctor has advised you to have a test called a bronchoscopy. This booklet has been written to inform you about the test and to answer the most frequently asked questions. If you have more questions, or if there is anything that you do not understand, please ask. There is a phone number on your appointment letter.

## What is EBUS-TBNA?

EBUS-TBNA stands for “EndoBronchial UltraSound-guided TransBronchial Needle Aspiration”. It is a medical procedure used to examine and sample areas inside the lungs, including the lymph nodes within the chest, without the need to make an incision. It is usually performed under sedation using a special scope with a tiny camera and ultrasound probe (bronchoscope). This is passed through the mouth to the back of the throat, into the windpipe and then further into the airways within the lungs. The ultrasound probe produces pictures to allow the clinician to see the lymph nodes and select areas for sampling. A very fine needle is then used to take the sample from the right place. This is usually painless. Samples are sent to the lab for tests to help reach a diagnosis.

The test is performed by specially trained doctors who do these tests on a regular basis. The test is usually done as a day case procedure and you would go home the same day.

## Why do I need the test?

After looking at your chest x-ray and/or CT scan, the doctors believe there is a need to take a look at the lymph nodes inside your chest and take biopsies in order to determine your diagnosis and treatment plans.

## What are lymph nodes?

Lymph nodes are small glands located throughout the body. They form part of the immune system. They act as a filter to trap impurities such as bacteria and viruses. These lymph nodes can become enlarged for a number of reasons including infections, inflammatory conditions and some cancers. The best way to determine the cause of enlarged lymph nodes is with an EBUS-TBNA sample as described above.

## Preparation for the test

You must not have anything to eat or drink for at least 6 hours before your test. You may then have sips of water only, up to 2 hours before your test.

If possible, please do not wear nail varnish or acrylic nails as this makes monitoring your oxygen levels more difficult. It is best not to smoke before your test.

## Should I take my usual tablets or medications?

### Blood Thinning Tablets

Before stopping any of the below medications please seek advice from your GP or Consultant to ensure that it is safe to do so.

Tablet Name	Advice
Warfarin Synthron	Should be stopped for 5 days before the test. Please contact endoscopy if you have been advised that you should not stop this medication.
Apixiban Edoxaban Fondaparinux Rivaroxaban Dabigatran	Should be stopped for 3 days before the test. Patients with a coronary stent may need to take Aspirin. If you require further advice, or have been told not to stop these medications, please call us.
Asasantin Clopidogrel Dipyridamole Ticagrelor Prasugrel	Should be stopped for 7 days before the test. Please contact endoscopy if you have been advised that you should not stop this medication.
Clexane Dalteparin Enoxaparin Inhixa	Please call us. We may need to speak to your doctor for advice.

Aspirin does not need to be stopped.

### Diabetes medication

Please inform the bronchoscopy unit if you are diabetic on insulin or diabetes tablets. Special arrangements will need to be made.

**All other medication** normally taken in the morning may be taken as follows:

- Morning appointments - take your medication before 7am or bring it with you to take after your test.
- Afternoon appointments - take your medication before 10am.

## Medical History

If you have a Pacemaker or Implantable Cardioverter Defibrillator (ICD), please contact the unit using the phone number on your appointment letter. Please ensure this has been checked within

12 months of your procedure, and that the technicians are happy that the device is fully operational. Please bring your ID card showing the make and model of the device.

Also, please let us know if you:

- Are pregnant or breast feeding
- Have had any surgery (including eye surgery) in the past 6 weeks
- Have had a heart attack within the last six weeks
- Are waiting for heart surgery
- Are waiting for coronary angioplasty
- Have a tracheostomy or laryngectomy.
- Are on peritoneal dialysis

## Sedation

Sedation can be given as an injection into a vein in your hand or arm. The sedation will make you feel relaxed and less anxious but won't make you go to sleep. You will be awake and will still be able to communicate with us. Sedation may make you forgetful. Afterwards you may remember very little about the test.

You must have a responsible adult (18+) to take you home and look after you for 24 hours after having sedation. You will need to be collected from the Endoscopy Department directly. Please make sure that these arrangements are in place before you come for your appointment. Please inform the bronchoscopy unit if you are unable to make these arrangements. Do not travel home on public transport.

After having sedation you will be drowsy and small amounts of medication will remain in your body for up to 24 hours. During this period, although you may feel wide awake, you will still be under the influence of the sedation. Your concentration and co-ordination may be impaired and you may feel light-headed, faint or become forgetful. Due to this you must NOT do the following for 24hrs:

- Drive (you will not be covered by your insurance)
- Operate any machinery or electrical items such as kitchen appliances
- Drink alcohol, take recreational drugs, sedative drugs or sleeping tablets (the sedation may mean that the effects are greater)
- Sign any legally binding documents or make life changing decisions
- Return to work
- Be responsible for anyone else including children or elderly relatives

## Local Anaesthetic

Before your test, local anaesthetic spray and gel will be applied to your nose and the back of your throat to make them numb.

## How long will I be in hospital?

Your length of stay can vary, but on average you should expect to be in the department for up to three hours. If your test and recovery is complete, you may be ready to go home sooner.

We will always try to see you at your appointment time. However, please note that there are

several factors that may cause unavoidable delays. We will endeavour to keep you informed of any major delays.

## Do I need to bring anything with me?

- Please bring a copy of your most recent prescription or a list of your medication.
- A book or magazine to read whilst you are waiting.

Please do not bring any valuables with you. We cannot be responsible for loss or damage to personal property.

## Visitors

Our Endoscopy Units are very busy and to ensure the privacy and dignity of all our patients we are unable to accommodate friends and relatives in the department. However, staff may assess your circumstances and make exceptions where necessary. For example:

- The patient concerned has specific additional needs or requirements
- The patient is 16 to 18 years of age
- The patient requires support with communication needs

During your test, friends and relatives can make use of on-site facilities for refreshments. If you are having sedation you will need to be collected from the department. Staff will contact friends and relatives by phone when you are ready if necessary.

If you would like to discuss your needs before arrival, please telephone the bronchoscopy unit.

## What happens when I arrive?

The receptionist will ask you a few questions and ask you to take a seat in the waiting room. A nurse will then take you to a private area where:

- Your personal details will be checked.
- You will be asked some questions about your general health.
- Your blood pressure, pulse, temperature and oxygen level will be recorded.
- Your test will be explained, and your questions answered.
- Arrangements for going home and aftercare will be checked. If the person that is collecting you is not present, we will need to call them to confirm they are available to collect you.
- A needle will be inserted into the back of your hand or arm. The needle will be removed, and a soft plastic tube left in place (cannula). This will be used to give your sedation.
- If you are a diabetic, your blood sugar level will be checked before and after your test.
- If you are taking tablets to thin your blood, we will check the result of your most recent blood test. Occasionally, we may need to take another sample to make sure it is safe to carry out your test.
- You may be asked to take a seat in the waiting area.

Our aim is to maintain your privacy and dignity at all times. Please raise any concerns or issues with endoscopy staff.

## Before the test

The doctor will make sure you understand the test before asking you to sign a consent form.

**Please make sure you fully understand the test and any possible treatments before signing your consent form. You may ask questions about anything you are unsure of.**

## What happens during the test?

- When you enter the procedure room, additional checks will be completed (For example, your name, date of birth, allergies, medical history etc.).
- If you have dentures, you will be asked to take them out.
- Local anaesthetic spray will be applied to the back of your throat to make it numb.
- You will be asked to lie down on your left-hand side or back.
- A mouthguard will be placed between your teeth - this will prevent you from biting the scope.
- A probe will be clipped on to your finger to monitor your breathing and heart rate. We may also periodically check your blood pressure.
- The sedation will be given just before the test starts. Oxygen will be given to you via a tube under your nose.
- The bronchoscope will be passed through your mouth and into your airways. The procedure is not painful.
- We may take internal photographs. These images are only used for medical purposes.
- Tiny samples of tissue may also be taken. This is painless.
- If required, we may carry out some treatment during the test, unless you ask us not to before the test begins.
- At the end of your test, which usually takes around 20 to 40 minutes, the flexible tube is easily removed.

## Who will be present during my test?

As a minimum:

- The Endoscopist and another doctor.
- Three members of endoscopy nursing staff.

The Trust participates in the training of doctors, nurses and other healthcare staff who may also be present during your test. Should you wish to discuss this during your visit, please speak to a member of the nursing staff.

## After your test

- You will be transferred into the recovery area to rest.
- You will be monitored by the nurses until you are fully recovered.
- Your throat and nose will be numb from the local anaesthetic for up to an hour after the examination, but will then feel back to normal.

- A nurse will talk to you (in a private room) about the test and any follow-up. If you would like someone with you whilst receiving this information, please inform the nurse. You will also be given written information.
- Again, you will be able to ask any questions you have.
- If someone is taking you home, we will contact this person for you when you are ready to go. If you have not had sedation, you may leave on your own if you wish.

Problems following your test are unusual. When you leave the unit, we will provide you with a discharge advice sheet which will contain the possible after effects of your test and contact details should you need them. Once home, it is advisable to rest for the remainder of the day.

The results will be sent to your referring team, typically within 3-5 days, and you will be seen in the outpatients department in due course to discuss your results. You will receive an appointment for this either through the post or by phone call. If your doctor needs to see you for review any sooner, they will arrange this before you go home.

Depending on the treatment carried out during your test, we may advise you to avoid lifting or strenuous activity, for up to two weeks after your test. On rare occasions we may also advise that you do not fly. Please can you contact the endoscopy unit if you are due to fly within two weeks of your appointment date for further advice or rescheduling of your appointment.

## What are the benefits of having the test?

The test will give us the information we need to determine your diagnosis and plan your treatment.

## What are the possible risks or complications of having this test?

EBUS-TBNA is considered a safe procedure and complications are rare.

Minor complications include a sore throat, a hoarse voice, and a cough. You may also notice a slight rise in your temperature. These typically resolve quickly. Sometimes you may cough up small amounts of blood which should settle within a couple of days. Rarely, patients can acquire a chest infection after the test. There is a very small risk of air or blood leaking into the chest which may require treatment. The doctor performing your test will talk you through these risks and explain the side-effects in more detail before carrying out the test.

Rarely, patients may be asked to stay in hospital overnight if there have been any complications or if the doctor has any concerns.

If any of these symptoms last longer than 48 hours or you are coughing large amounts of fresh blood, developing chest pain or worsening breathlessness, then please use the details provided on discharge to seek assistance.

## What are the discomforts of the test?

The spray which numbs your throat may produce the feeling that they are swelling. It only lasts for a very short while and does not interfere with swallowing or breathing.

EBUS-TBNA is generally well tolerated.



## Do I have to have an EBUS-TBNA? Is there an alternative test?

You do not have to have a EBUS-TBNA. The decision is entirely yours and you can choose not to have the test. However, it is worth noting that there is no alternative test that would allow tissue samples to be taken and not having the test would make it more difficult for your doctor to determine your diagnosis and decide on the best treatment for you.

If you are unsure, please contact us to discuss it.

## Research

Manchester University NHS Foundation Trust is at the forefront of research in a variety of respiratory conditions. You may be asked to consider taking part in a clinical trial. If approached, further information will be provided and you will be asked for additional consent if you decide to proceed. You are under no obligation to take part in research. Deciding not to take part will not affect your care.

## No Smoking or Vaping Policy

The NHS has a responsibility for the nation's health. Protect yourself, patients, visitors and staff by adhering to our no smoking policy. Smoking, and the use of e-cigarettes, is not permitted within any of our hospital buildings or grounds.

For some great information go to: [www.nhs.uk/smokefree](http://www.nhs.uk/smokefree)

## Violence, aggression and harassment

We are committed to the wellbeing and safety of our patients and staff. Please treat others with the courtesy and respect that you expect to receive. Verbal abuse, harassment and physical violence are unacceptable and will lead to prosecution.



## Comments, complaints, concerns and compliments

The Trust collects feedback from service users in order to give assurances we are providing the best patient care. During your visit, we will ask you to provide feedback on the service you have received by completing either a Friends and Family Test or What Matters To Me survey.

You will also be asked to complete our endoscopy specific patient survey form. This can be completed online or via a paper form which you can post back to us (a stamped addressed envelope will be provided). The endoscopy unit utilises this information to improve our service.

Other ways in which you can provide feedback are:

- Ask to speak to the ward or department manager. If you would like to discuss a concern or make a complaint, they may be able to help straight away.
- Complete the Family and Friends Test (FFT) online at [mft.nhs.uk/fft](https://mft.nhs.uk/fft). Please make sure that you select the correct hospital and ward/unit.
- Contact the Patient Advice and Liaison Service (PALS):
  - Telephone (0161) 276 8686.
  - Email [pals@mft.nhs.uk](mailto:pals@mft.nhs.uk).
  - Ask for a PALS information leaflet.

## Check list

- ☐ Are you able to keep your appointment? If not have you phoned to cancel or change it?
- ☐ If you are worried or have any questions to ask, have you contacted us?
- ☐ If you are having sedation, have you arranged for an adult to take you home and look after you for 24 hours?
- ☐ If you are taking anticoagulants, such as Warfarin or Sinthrome, have you been in touch with your anticoagulant clinic to have your clotting level checked within one week of your appointment?
- ☐ If you are a diabetic treated with Insulin or tablets, have you got a morning appointment? If not, please call to change it.

It is our policy that family, relatives or friends cannot interpret for patients. If you require an interpreter for your test, please call to let us know.

These translations say “If you require an interpreter, or translation, please ask a member of our staff to arrange it for you.” The languages translated, in order, are: Arabic, Urdu, Bengali, Polish, Somali and simplified Chinese.

如果你需要翻译或翻译员, 请要求我们的员工为你安排

**Is there anything you would like to tell us on the day of your test, or do you have any questions you would like to ask? Please make a note of them here.**

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