Endobronchial Ultrasound (EBUS)
Information for patients, relatives and carers

Introduction
This leaflet has been provided to help answer some of the questions that you, or those who care for you, may have about endobronchial ultrasound.

What is EBUS?
EBUS stands for endobronchial ultrasound. It is a fairly new procedure, used to help diagnose some conditions of the airways (the tubes that carry air to the lungs) by taking tissue samples from the lungs and surrounding lymph glands.

What does it involve?
EBUS involves using a thin flexible tube called a bronchoscope, which is about as thick as a pencil. This is passed via the mouth to the back of the throat, into the windpipe and then further on into the airways (see diagram). It is attached to an ultrasound probe that allows the doctor to see the lungs and lymph glands.

The ultrasound probe produces sound waves that are converted into pictures by a computer. The doctor can then use a very fine needle to take the tissue sample from the right place. This technique is called transbronchial needle aspiration (TBNA) and is painless. The sample may be analysed immediately, but it is always sent to the lab for more tests to help reach a diagnosis.

What is it used for?
EBUS may be used to provide tissue samples for:

- Detecting infections like tuberculosis
- Identifying inflammatory diseases that affect the lungs, such as sarcoidosis
- Diagnosing and staging lung cancer
How do I prepare for my appointment?

Do not eat or drink anything after midnight the night before. You may have small sips of water up to two hours before your appointment.

You will probably need a blood test to check that you are not at risk of bleeding. This will usually be done when you see the doctor who suggests you have this test, but it may also be arranged separately.

Make sure you tell the doctor or nurse if you are diabetic or if you take any medication to thin your blood, such as warfarin, aspirin or clopidogrel.

What exactly happens during the procedure itself?

The doctor will spray the back of your throat with a local anaesthetic to make it numb. This will make it easier to pass the bronchoscope into your windpipe. You will also be offered a sedative to help relax you during the procedure, which will be given by injection into a vein of your hand or arm. It is not a general anaesthetic and so you will remain awake, but you will feel sleepy.

The bronchoscope will then be passed gently into your airways. A fine needle is then passed down the bronchoscope into the tissue and a sample is taken. This is painless. More than one sample will be needed during the procedure. The procedure will normally take 30 minutes to an hour.

What happens afterwards?

After having a sedative, you will need to stay in the department for two hours after the EBUS has finished before you will be able to go home. The procedure is normally done as an outpatient appointment, so you can expect to go home the same day.

You will feel drowsy, and may not remember what happened. For 24 hours after the procedure, you should not:

- Drive
- Operate heavy machinery
- Drink alcohol

You will need to ask someone to take you home afterwards, and check on you until the effects of the sedative have fully worn off. Please let us know if there is not anyone who can do this for you.

Are there any side effects or complications?

EBUS is a very safe procedure. However, after your appointment you may experience some of the following side effects:

- A sore throat
- Coughing up small amounts of blood (which may last about a day)
• There is a small risk of developing a throat or chest infection afterwards
• There is a very small risk of causing an air leak from the lung due to a small puncture from the needle

Where do I go for my appointment?

Your EBUS appointment will take place at:

GI/ Endoscopy Unit
3rd Floor Clarence Memorial Wing
St Mary’s Hospital
Praed Street
London, W2 1NY

Who do I contact for more help or information?

Please do not hesitate to contact us if you have any queries or concerns:

● St Mary’s Hospital
  Chest and Allergy Clinic Nurses
  Telephone: 020 3313 6614

Please contact the hospital between 9.00 and 17.00, Monday to Friday (except bank holidays)
How do I make a comment about my treatment?

We aim to provide the best possible service and staff will be happy to answer any questions you may have. However, if your experience of our services does not meet your expectations and you would like to speak to someone other than staff caring for you, please contact the patient advice and liaison service (PALS) on 020 3313 3322 (Hammersmith Hospital) or 020 3133 0088 (Charing Cross Hospitals), or 020 3312 7777 (St Mary’s Hospital).

You can also email PALS at pals@imperial.nhs.uk. The PALS team is able to listen to your concerns, suggestions or queries and is often able to help sort out problems on behalf of patients.

Alternatively, you may wish to express your concerns in writing to:

The chief executive
Imperial College Healthcare NHS Trust
Trust Headquarters
The Bays, South Wharf Road
London W2 1NY

Alternative formats

This leaflet can be provided on request in large print, as a sound recording, in Braille, or in alternative languages. Please contact the communications team on 020 3312 5592.