

EBUS test

Endobronchial ultrasound

The purpose of an EBUS test (endobronchial ultrasound) is to collect tissue samples from glands in your chest, aided by ultrasound in your airways. The EBUS test uses a bronchoscope with a small ultrasound device at its end. This device emits ultrasound. As these ultrasonic waves penetrate deep into your tissue, we can gather information about tissue and organs that would otherwise be difficult to reach. Once we have this information, we will take samples using a thin needle.

Preparation

You are not allowed to eat anything for six hours prior to the test. You are allowed to drink small sips of water up to two hours before the test. If you take any medication in the morning, you should continue to do so, unless the lung specialist has told you otherwise. As you will be sedated, you need to bring someone with you to the hospital to accompany you on the way home. If you fail to do so, we will have no option but to cancel the test.

The day of the test

On the day of the test, please make your way to the Lung Disease Treatment Room, location 5A.72 (Level 5), via the main entrance to the hospital. Once there, please report to the reception desk. If you are visiting our department for the first time, we will need to register you, so please don't forget to bring an identity document and your insurance card. It is very important that you wear comfortable clothing for the test (please avoid tight clothing), and that you remove any nail varnish prior to the test.

If you are unable to make it to the appointment on time due to unforeseen circumstances, please contact us on +31 20 444 4324. We will do our best to move your appointment to a slot later the same day, but we cannot guarantee we will be able to do so.

The test

You should report to the Lung Disease Treatment Room (location 5A.72) at the agreed time. A nurse will collect you from the waiting room and accompany you to the treatment room, where you will take place on the examination table.

Next, we will ask you a few questions about your general health and insert an intravenous needle. You will also be given codeine to suppress the urge to cough. You will be asked to remove any dentures, and we will then anaesthetise your throat using a spray. The nurse will insert a mouthpiece in between your jaws to protect your teeth and the bronchoscope. You will receive a sedative through the IV. The doctor will insert the EBUS device through your mouth to access your airways. He or she will locate your lymph nodes. If they are clearly visible, he or she will prick them with a thin, hollow needle to suction off a small sample for further testing. This pricking (puncturing) of the lymph nodes will be repeated a number of times.

Some blood loss may occur after the puncturing. Any blood will be suctioned off

immediately. During the test, we will regularly take your blood pressure and check the oxygen level in your blood. Once the test—which takes about 45 minutes—has been completed, you will be taken to the recovery room to recover.

After the test

Due to the anaesthetic, you are not allowed to eat or drink for at least one hour after the test. After that time, you will be given something to eat and drink. Before you return home, the doctor will visit you to discuss how the test went.

Make sure you have someone to accompany you home. You will be given a sedative to keep you calm and relaxed during the test. Please note that you may feel drowsy and sleepy after the test. You are not allowed to travel independently for 24 hours after having sedation, so please make sure you have someone to accompany you home.

Resuscitation policy

The Lung Disease Treatment Room is only used for tests/treatment, and the chance of complications is small. Nevertheless, we would like to point out that, in principle, all patients will be resuscitated in the event of complications, unless the patient has explicitly notified the doctor that he/she would prefer not to be resuscitated.

For inpatients, we will respect the resuscitation policy agreed as part of their hospital treatment.

Questions

If you have any concerns or questions after the test, feel free to contact the Lung Disease Treatment Room, location 5A.72, on +31 20 444 4324. If necessary, you can contact the on-call lung specialist via the central number (+31 20 444 4444) outside of normal hours.