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PATIENT INFORMATION GUIDE

Endobronchial Ultrasound (EBUS)

Understanding your procedure, preparation, and what to expect at William Osler Health System

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- This booklet is for general educational purposes only and does not constitute medical advice.
- Instructions given to you by Dr. Irshad's team always take precedence over information in this booklet.
- If you are experiencing a medical emergency, call 911 or go to Emergency immediately.
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ABOUT YOUR PROCEDURE

What is EBUS?

Endobronchial Ultrasound (EBUS) is a minimally invasive diagnostic procedure that allows Dr. Irshad to examine the airways and take tissue samples (biopsies) from lymph nodes and masses in the chest without open surgery.

A thin flexible tube (bronchoscope) with an ultrasound probe attached is passed through your mouth into the airways. Using real-time ultrasound imaging, Dr. Irshad can see structures around the airways and use a fine needle to obtain tissue samples for pathology analysis.

EBUS is commonly used to stage lung cancer, investigate enlarged lymph nodes, or diagnose conditions such as sarcoidosis. It is performed under sedation and is typically a same-day procedure.

BEFORE YOUR PROCEDURE

How to prepare

3–7 days before:

- Stop blood thinners ONLY if specifically instructed by Dr. Irshad's team. Do NOT stop without guidance.
- Arrange a driver. You cannot drive for 24 hours after the procedure due to sedation.
- Confirm your arrival time with the hospital.

The night before and day of procedure:

- Nothing to eat or drink after midnight (or as specifically instructed by the team).
- Clear fluids may be permitted until 2 hours before arrival — confirm this with Dr. Irshad's office.
- Take only medications specifically approved for the morning of the procedure.
- Wear comfortable, loose clothing. No jewelry.
- Expect to be at the hospital for approximately 3–4 hours including preparation and recovery.

THE PROCEDURE

What happens during EBUS

Arrival & preparation: You are admitted, an IV line is placed, and your vital signs are monitored. The nursing team will confirm your medical history and medications.

Sedation: You receive intravenous sedation to keep you relaxed and comfortable throughout. You will not be fully unconscious but will feel drowsy and unlikely to remember the procedure.

The procedure: The bronchoscope is passed through your mouth into the airways. Using ultrasound guidance, Dr. Irshad identifies the target lymph nodes or masses and takes fine needle biopsy samples. The procedure typically takes 30–60 minutes.

Recovery: You are monitored in the recovery area for 1–2 hours while the sedation wears off. Once you are alert, able to swallow safely, and your vital signs are stable, you are discharged home.

AFTER YOUR PROCEDURE

What to expect at home

WHAT IS NORMAL IN THE FIRST 24–48 HOURS

- Mild sore throat and hoarse voice — usually resolves within 24 hours.
- Mild cough, which settles quickly.
- Feeling drowsy or tired from the sedation.
- Small amount of blood-tinged mucus when coughing — this is normal.

Eating and drinking: Wait until your throat feels completely normal before eating or drinking, as the local anaesthetic can temporarily affect your swallowing reflex. This usually takes 1–2 hours after discharge. Start with soft foods and fluids before resuming your normal diet.

Driving: You cannot drive for 24 hours after sedation, even if you feel completely alert. This is mandatory.

Activity: Rest for the remainder of the day. You can resume normal activities the following day.

Your results: Tissue samples are sent to pathology. Results typically take 5–7 business days. Dr. Irshad's team will contact you and arrange a follow-up to discuss findings and next steps.

WARNING SIGNS

When to seek immediate care

GO TO EMERGENCY OR CALL 911 IF YOU EXPERIENCE:

- Sudden, severe shortness of breath
- Chest pain that is new or worsening
- Fever above 38.5°C (101.3°F)
- Signs of wound infection: redness, warmth, swelling, or pus at incision
- Coughing up blood
- A swollen or painful leg (possible blood clot)

CALL OUR CLINIC AT (905) 458-4520 IF YOU HAVE:

- Sore throat that is worsening after 48 hours rather than improving
- Difficulty swallowing that persists beyond 24 hours
- Questions about your results or next steps
- Any concern about how you are feeling after the procedure

QUESTIONS? CONTACT OUR CLINIC

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