

Cervical Mediastinoscopy Chamberlain procedure Bronchoscopy Endobronchial ultrasound with biopsies

What Is My Procedure and Why Am I Having It?

A bronchoscopy is a procedure using a special long and thin camera to examine the inside of the windpipe (trachea). Mediastinoscopy, Chamberlain procedure and Endobronchial Ultrasound with biopsies are methods of examining and sampling pieces of lymph nodes in the chest. These procedures let your team of physicians know what type of tissue is in the lymph nodes: normal, inflammatory, infectious, or cancer.

What Should I Do Before Surgery?

To prepare for your surgery, in addition to your usual routine, it is recommended that you participate in light exercise daily, such as walking. If you smoke, it is advisable but not mandatory to quit smoking before your surgery. Speak to your family physician about smoking cessation strategies and to get information on support groups. Daily walks and a positive attitude, along with support from friends and family will increase your chances for a prompt and successful recovery.

The night before your procedure, you will not eat or drink anything after midnight. The morning of the procedure, you may take your morning medications with a sip of water, but nothing to eat or drink for breakfast. You must stop your blood thinners such as Coumadin/Warfarin or Plavix/Clopidogrel at least 5 days before your procedure. You may continue taking your aspirin or other anti-inflammatories such as Ibuprofen/Advil/Motrin, even the morning of surgery. If you are taking medication for diabetes, take half of your normal dose.

What Should I Expect On the Day of My Surgery?

Arrive at Moffitt Cancer Center at the time given to you by your surgeon's team (usually 2 hours before the time of your scheduled surgery). Feel free to use the complementary valet parking service. Check-in at the Surgical Admissions desk and they will provide you with further assistance. Family and friends may accompany you until the time of your surgery. Once you enter the operating room, they will be asked to wait for you in the Surgical Waiting Area until your surgeon comes out to speak to them. Delays or changes in the operating room schedule are not infrequent and should not alarm or worry them.

In the operating room, you will receive general anesthesia, meaning you will be completely asleep. You will feel nothing and you will remember nothing of your procedure.

Once you are completely asleep, the bronchoscopy is performed to examine your trachea.

If you are undergoing Endobronchial Ultrasound, your surgeon will take biopsies of your lymph nodes through the trachea.

For a mediastinoscopy, a small 1-inch cut is made on the bottom of the neck just above the clavicles. A special scope is then inserted into the chest to take biopsies of the lymph nodes. For a Chamberlain procedure, an additional small 1-inch cut on the left side of your chest will be used to biopsy additional lymph nodes. The surgery takes about 45-min.

What Should I Expect After Surgery?

You will wake up in the Recovery room, and may feel sleepy for a short time. Most people experience a temporary sore throat from the breathing tube used during the surgery. Therefore, swallowing may hurt a bit for 1-2 days. You are able to have a snack and a drink, and will be discharged home usually within 2-3 hours after surgery. You need someone to pick you up from the hospital as well as stay with you for your first night at home, as you may not drive or be alone for the first 24h after surgery.

What Should I Expect When I Go Home?

For patients who had a mediastinoscopy or Chamberlain procedure, there may be a bit more soreness because a small cut was made. For this, use Tylenol or Motrin/ibuprofen. You will be given a prescription for stronger pain-killers such as Vicodin or Percocet, which you may choose to fill if you feel necessary. Expect the soreness to last a couple of days, and improve over time. Some patients may experience a cough or cough up small amounts of blood which is normal and should stop on its own.

There will be internal, dissolvable stitches and a liquid-plastic dressing over the cut. This can appear purple or blue in color, but this is normal. You may shower or bathe as soon as you get home. You may return to your usual diet. Some people may experience nausea with anesthesia or pain medications. It is important to eat food when taking Motrin or Vicodin, and eat foods that are easily digestible if you are nauseous.

If you are on blood thinners such as Coumadin/Warfarin or Plavix/clopidogrel, you may resume these as instructed by your surgeon's team.

When Can I Resume Activities?

Most activities including working, driving or lifting can be resumed within 1-2 days after surgery. Please ask for a work note if you need.

When Do I Get My Biopsy Results?

You will follow-up with your surgeon in about 1 week to discuss the biopsy results and the next step in your care. If you have any concerns in the meantime, feel free to call your surgeon's team at

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