

Mediastinoscopy/Biopsy

Patient and Caregiver Information

Mediastinoscopy/Biopsy

Your doctor has advised you that you need a mediastinoscopy with or without a biopsy. This guide will help communicate what will happen before, during and after your procedure. It was written to inform you about your procedure and answer the most frequently asked questions.

What is a Mediastinoscopy/Biopsy?

A mediastinoscopy helps your physician view your mediastinum. This is the space behind your sternum (breast bone) in the middle of your chest between your lungs. If a biopsy is indicated, your physician will use a small instrument to remove some tissue to send for review by a pathologist to determine the best course of action for your health.

Preparation

You will receive a phone call reminding you of your procedure. Be sure to ask any questions when our staff calls.

What do I do before my procedure?

- You will need to fast (nothing to eat or drink) for this procedure, follow the pre-procedure instruction sheet.
- Arrange for a responsible adult to drive you home after the procedure and stay with you for the next 24 hours.
- Refer to the pre-procedure instruction sheet for arrival time and procedure time.

Medications

- It is very important to follow the pre-procedure medication instructions provided by your physician. We will remind you of these during a pre-procedure phone call.
- Please prepare a current list of your medications to bring with you on the day of your procedure.

Day of Procedure

What do I do the day of my procedure?

- Do not apply makeup, lotions, deodorant or hair products on this day.
- Leave valuables and jewelry at home.
- When you arrive, check in at our first floor front desk.
- After registration you will be taken to a room, and a nurse will get you ready for the procedure.

During the Procedure

Will I have anesthesia?

You will likely have general anesthesia, medicine that allows you to sleep through the surgery. Under general anesthesia, you are completely unconscious and unable to feel pain during medical procedures. General anesthesia usually uses a combination of intravenous drugs and inhaled gasses (anesthetics) administered by an anesthesiologist.

An anesthesiologist will monitor your body's vital functions and manage your breathing.

What to expect after anesthesia?

Most people are awake in the recovery room immediately after the procedure, but remain groggy for a few hours afterward. Your body will take up to a week to completely eliminate the medicines from your system but most people will not notice much effect after about 24 hours.

You may experience **side effects** such as: nausea, vomiting, dry mouth, sore throat, shivering, sleepiness or mild hoarseness.

After the Procedure

What to expect after the procedure:

- Once the procedure is complete, a registered nurse will oversee your recovery.
- You are normally able to go home a few hours after your procedure.
- You will have a small incision at the base of your neck. Before you are discharged, we will provide you written incision care instructions.
- Your nurse will provide you with written discharge instructions and answer all your questions before sending you home.

If you experience:

- **Pain** - At home you may experience mild discomfort at the puncture site. This is usually managed with over the counter pain relievers.
- **Unexpected Bleeding** - Observe puncture site for signs of bleeding. If bleeding occurs, hold pressure to site and call 911.
- **Nausea & Vomiting** - Begin with sips of clear liquids in small amounts. Once you tolerate clear liquids, you can slowly add in other bland, low fat food choices, gradually increasing to your normal diet.
- **Signs of Infection** - Call your physician if you have fever over 101 degrees, increased redness, swelling, or heat at the incision site.

Date & Version #	Change Summary
8/10/2017 Ver. 1	Original
2/16/18 Ver. 2	Typo