

Post Procedure Advice following a Thoracoscopy

Following your examination today you are advised to go home and rest

If your procedure was carried out with a conscious sedative injection, it is important for the next 24 hours **you do not:**

Drive a car/motorbike or ride a bicycle
Operate any domestic appliances or machinery
Look after young children alone

Sign any legal documents
Drink alcohol
Take sleeping tablets

One of the effects of sedation is that you may not remember having the procedure, this is normal. A responsible adult should stay with you for 12 hours following your procedure if you have been given sedation.

How will I feel after the procedure?

You can eat and drink as normal and take your usual medications.

Your wound site may feel a little sore for a short period of time after your thoracoscopy. Once your chest tube has been removed you should keep the wound dry until the sutures are removed. The stitches should be removed 5 to 7 days after you leave hospital. This is usually done in the outpatient clinic but can also be done by the nurse at your GP surgery.

If your procedure was carried out with sedation you may feel sleepy for the remainder of the day.

When should I seek help/advice?

Serious side effects are rare however if any of the following occur within 48 hours after your thoracoscopy, consult a doctor immediately:

- **Excessive shortness of breath (if not relieved by your usual inhalers/medications)**
- **Coughing up blood**
- **Pneumothorax (collapsed lung)**
- **Chest pains**
- **Your wound is red/bleeding, has pus or a foul odour**
- **Fever**

When Can I return to work?

You should be able to resume normal activities 48 hours after discharge from hospital, though you may still have some discomfort for a few days.

When will I know the results?

Biopsy results generally take five working days to be processed. Occasionally additional analysis may be needed on the samples using special techniques (immunocytochemical staining). This can require an additional week.

An outpatient appointment will usually be arranged within two weeks to discuss the results of any biopsies. If you have any questions concerning this follow-up appointment please contact your consultant's secretary or the lung specialist nurse.

Conquest Hospital contact numbers:

Endoscopy Unit – Tel: 0300 131 5297

Monday to Friday – 8.00am to 6.00pm (outside of these hours contact Baird Ward Ext: 8034)

Eastbourne District General Hospital contact numbers:

Endoscopy Unit - Tel: 0300 131 4595

Monday to Friday - 8.00am to 6.00pm (outside of these hours contact Jevington Ward Ext: 4710)

Respiratory Secretaries to Dr Wilkinson – Tel: (01323) 413718 - Dr Sharma and Dr Maxwell – Tel: (01323) 435802 (Monday to Friday 8.30am to 4.30pm)

Lung Specialist Nurses - Jackie Dawson and Ann Markham – Tel: 0300 131 4500 – ask switchboard to page them.

Alternatively after 6.00pm and at weekends please contact your GP, attend your nearest Emergency Department or ring NHS 111.

Sources of information

NHS Website - www.nhs.uk

Important information

The information in this leaflet is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

Your comments

We are always interested to hear your views about our leaflets. If you have any comments, please contact the Patient Experience Team – Tel: 0300 131 4731 or by email at: esh-tr.patientexperience@nhs.net

Hand hygiene

The Trust is committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

Other formats

If you require any of the Trust leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department.

Tel: 0300 131 4500 Email: esh-tr.AccessibleInformation@nhs.net

After reading this information are there any questions you would like to ask? Please list below and ask your nurse or doctor.

Reference

The following clinicians have been consulted and agreed this patient information:
Respiratory Consultant Dr N. Sharma

Next review date: November 2023
Responsible clinician/author: JAG Lead Nurse T. Holmes-Ling

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Endoscopy Discharge Report:

- You will be sent an outpatient appointment.
 - You will be sent an appointment for a CT scan / MRI.
 - You will be sent an appointment to have this procedure again in approximately..... weeks.
 - Biopsies have been taken which will take approximatelyweeks to be analysed by the histopathology department. Results will be sent to your Consultant who will contact you or arrange a follow up appointment.
 - You have been referred to a Clinical Nurse Specialist
 - You have been given an information leaflet.
 - You have been spoken to by an endoscopist/nurse regarding the results of your procedure.
 - You can begin to eat and drink as normal from.....
- If you have any further questions please ask a member of the nursing staff who will be happy to explain anything you are unclear about.

Completed by:

Print Name:

Designation:

Signature:

Date: