



Information about Video Assisted Thoracoscopy (VATS)

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Version 3

About this leaflet

The purpose of this leaflet is to help explain what will happen to you during your stay in hospital for your planned procedure. It also gives advice and information to help your recovery.

Video Assisted Thoracoscopy (VATS) involves making a small cut in the skin and inserting a small tube which has a light and camera at the end. This allows the surgeon to look inside and take samples if needed.

What will I need to bring with me to hospital?

- Housecoat, nightdress or pyjamas;
- Slippers;
- Toilet bag and toiletries;
- All medication in original packaging.

Please do not bring jewellery and large amounts of money with you. Please note we provide towels for washing/showering.

Night before your procedure

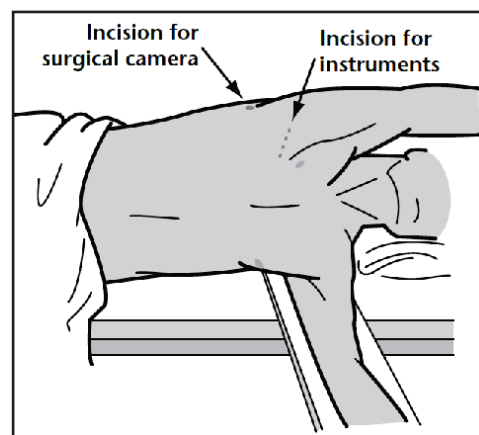
- On admission you will be welcomed to the ward and taken to your room.
- A member of nursing staff will check your temperature, pulse and blood pressure.
- A member of nursing staff will take a swab from your nose and perineum (groin) for MRSA screening.
- The anaesthetist will see you to discuss your medication and answer any questions you may have.
- You may require further investigations, e.g. bloods, chest x-ray (CXR), electrocardiogram (ECG) and pulmonary function tests (PFTs).
- We may give you some medication to help relax you.
- You will be advised when to shower and fast before surgery.
- We will give you stockings to wear to prevent blood clots and a blood thinning injection.

➤ Morning of your procedure

- You may be given medication to make you relax.
- A porter and nurse will take you to the Pre-operative Anaesthesia Care Unit.

➤ During your procedure

- Your anaesthetist will give you a general anaesthetic which lets you sleep through the procedure.
- Once you are asleep you will be positioned comfortably on your side.
- The surgeon inserts a small tube containing a camera in one of the cuts and a surgical instrument is inserted through another cut.
- Once the procedure is finished, one or more tubes may be placed in the chest cavity for a short time to remove fluid or air. The cuts are then closed with stitches. Not every patient has the same surgical procedure but your surgeon will discuss this with you.



➤ After your procedure

- You will wake up in the recovery area where the recovery nurse will look after you.
- The nurse will check your blood pressure, pulse and oxygen levels.
- If you have any pain we will give you painkillers.
- You will have a drip in your hand and tubes in your chest.
- You may have an oxygen mask.

You will then be transferred back to your room where:

- We will check your level of pain
- We will look after the tubes in your chest.
- We will check your blood pressure, pulse, oxygen and temperature.
- After a few hours your surgeon will visit you.
- A nurse will help you to have a wash.
- The nurses will help you out of bed.

One day after your procedure

On the day after your procedure we will help you to wash or have a shower. We will help you to sit up and get out of bed. If necessary, the physiotherapist will visit and help you to start moving about and do breathing exercises. The nurse will check your blood pressure, pulse and oxygen levels and you will have a chest X-ray. The medical team for further discussion and treatment plans if required.

Two days after your procedure

You will be self caring i.e. able to wash by yourself and moving about as appropriate.



➤ Results

You should expect results usually within 10 to 14 days. If you have not been notified please contact Jackie Dunn on 0141 951 5642.

➤ Going home

- You will be ready to go home once your tubes are removed and your pain is under control.
- Some people go home with a chest drain still in place, which is completely safe and will be explained to you if required
- We will give you medication to take home and a letter for your GP.
- Someone must come and collect you.
- At time of discharge, if your stitches have not been removed arrangements can be made with your district nurse or treatment room nurse at GP practice to have them removed.

At home

- Continue to do your exercises given to you by the physiotherapist.
- Continue to take your pain killing tablets to help relieve soreness, and make activity and deep breathing easier.
- Watch for any redness and fluid leaking at the sites of the procedure.
- If you feel unwell in any way you should contact your GP as soon as possible.

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