



Information about your mediastinoscopy

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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 Mediastinoscopy. It also gives advice and information to help your recovery after the procedure. A mediastinoscopy allows the doctor to look at the lymph glands behind your breast bone.

What will I need to bring with me to hospital?

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

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.
- Depending on your surgeon, you may require further investigations, e.g. bloods, chest x-ray, electrocardiogram (ECG) and pulmonary function tests (PFTs).
- The anaesthetist will see you to discuss your medication and answer any questions you may have.
- We may give you some medication to help relax you.
- You will be advised when to shower and fast before surgery.
- We may give you stockings to wear to reduce the likelihood of blood clots and a blood thinning injection.

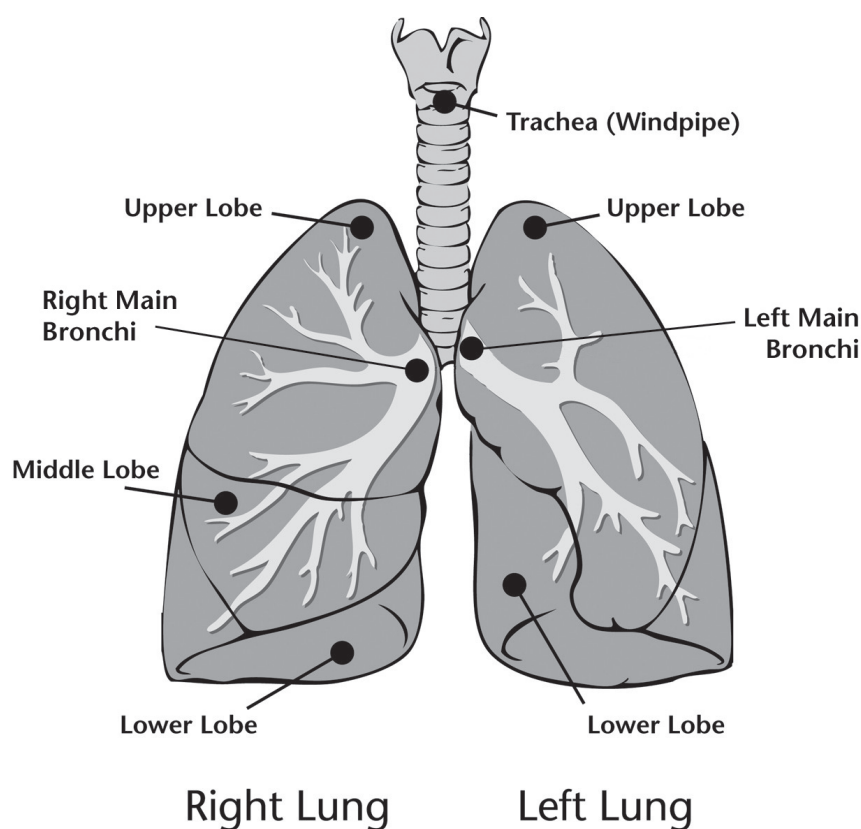
You may be admitted to hospital on the day before your procedure or on the day.

➤ Morning of your procedure

- You may be seen by your surgeon.
- We may give you 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 back and a small cut is made in the skin as shown in the diagram.
- The surgeon inserts a small tube containing a camera through the cut which can magnify the area to allow the surgeon to take samples if needed.



➤ 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.
- The nurse will check your wounds.

You will then be transferred back to your room where:

- We will check your level of pain.
- We will check your blood pressure, pulse, oxygen and temperature.
- We will check your wounds.
- Nurses will help you to have a wash.



You may go home in the evening if you have managed to eat something and have passed urine. If not, then you will go home the next day.

Results

You should expect results usually within 10 to 14 days. If you have not been notified please contact the Nurse Specialist.

After the results we will send them to your local team for further discussion and treatment plans if required.

Going home

- Someone must come and collect you.
- We will give you a letter for your GP.
- We will tell you what type of painkillers to take.

At home

If you feel unwell in any way you should contact your GP as soon as possible.

All of our publications are available in different languages, larger print, braille (English only), audio tape or another format of your choice.

我們所有的印刷品均有不同語言版本、大字體版本、盲文（僅有英文）、錄音帶版本或你想要的另外形式供選擇。

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Tha gach sgrìobhainn againn rim faotainn ann an diofar chànanan, clò nas motha, Braille (Beurla a-mhàin), teip claisinn no riochd eile a tha sibh airson a thaghadh.

हमारे सब प्रकाशन अनेक भाषाओं, बड़े अक्षरों की छपाई, ब्रेल (केवल अंग्रेज़ी), सुनने वाली कसेट या आपकी पसंदनुसार किसी अन्य फॉरमेट (आरप) में भी उपलब्ध हैं।

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