

## Electromagnetic Navigation Bronchoscopy (ENB)

### What is a ENB?

Electromagnetic Navigation Bronchoscopy (ENB) is a procedure that uses CT guided images along with the electromagnetic navigational system to access difficult to reach areas of the lung. The doctor is able to steer a small navigation catheter deep into the lungs aiding in diagnosis and management of lung disease.

### How do I prepare for the ENB?

- Be sure to follow the specific diet instructions given by your provider.
- Dentures and eyeglasses will be removed before the ENB.
- If you are taking Coumadin, Plavix, or other blood thinners, let your doctor know.
- Be sure to let your doctor know if you are pregnant.
- Be sure to have completed your CT scan prior to the test.
- Arrange for a driver and someone to be with you for the day. You will not be allowed to drive if you receive sedation.

### What are the potential complications?

- Undesired effects from anesthesia.
- Bleeding from the site of a biopsy.
- Pneumothorax (collapsed lung). This happens in less than five percent of patients.
- Complications from unrelated disease.
- If you have any questions, please contact your doctor.

### What should I expect before the ENB?

- Your doctor will explain the risks and benefits of the test to you.
- You will sign a consent form for the procedure.
- A small IV will be put in a vein to give you fluid and anesthesia medications.
- A tube will be placed in your airway to help you breath during the procedure.

### What should I expect during the ENB?

- You will be lying on an x-ray table on your back for the test.
- General anesthesia will be used to put you to sleep.
- A tube will be placed in your airway to help you breathe during the test.
- X-rays images will be taken during the test.
- Your blood pressure, pulse, and oxygen levels will be monitored during the procedure.
- Your doctor may choose to take biopsies (small pieces of lung tissue or lymph node) during the procedure.

### What can I expect after the ENB?

- After the test, your lungs maybe bothered, and you may cough a lot. This will go away slowly.
- If samples or biopsies are taken, you may cough up blood-tinged spit.
- You will not be allowed to eat or drink anything for two hours after the procedure.
- A follow up chest x-ray will be taken in the recovery area.
- Your blood pressure, pulse, and oxygen levels will be monitored in the recovery area.
- Your family and friends can be with you in recovery.
- You might have oxygen on for a short time.
- If you are taking Coumadin, Plavix, or other blood thinners, ask your doctor when to restart those specific medications.
- Depending on your test results, your doctor may want you to stay in the hospital overnight for observation.

- The nurse will give you written discharge instructions before you leave.

### **When will I get my results?**

- Your doctor will tell you what was found before you go home.
- You will receive a phone call explaining your biopsy results in five to seven days following your procedure

#### **Reference:**

Covidien. (2014). Electromagnetic Navigation Bronchoscopy Patient Guide. Plymouth, MN: Covidien.