

Videomediastinoscopy



Information for patients

Thoracic Surgery



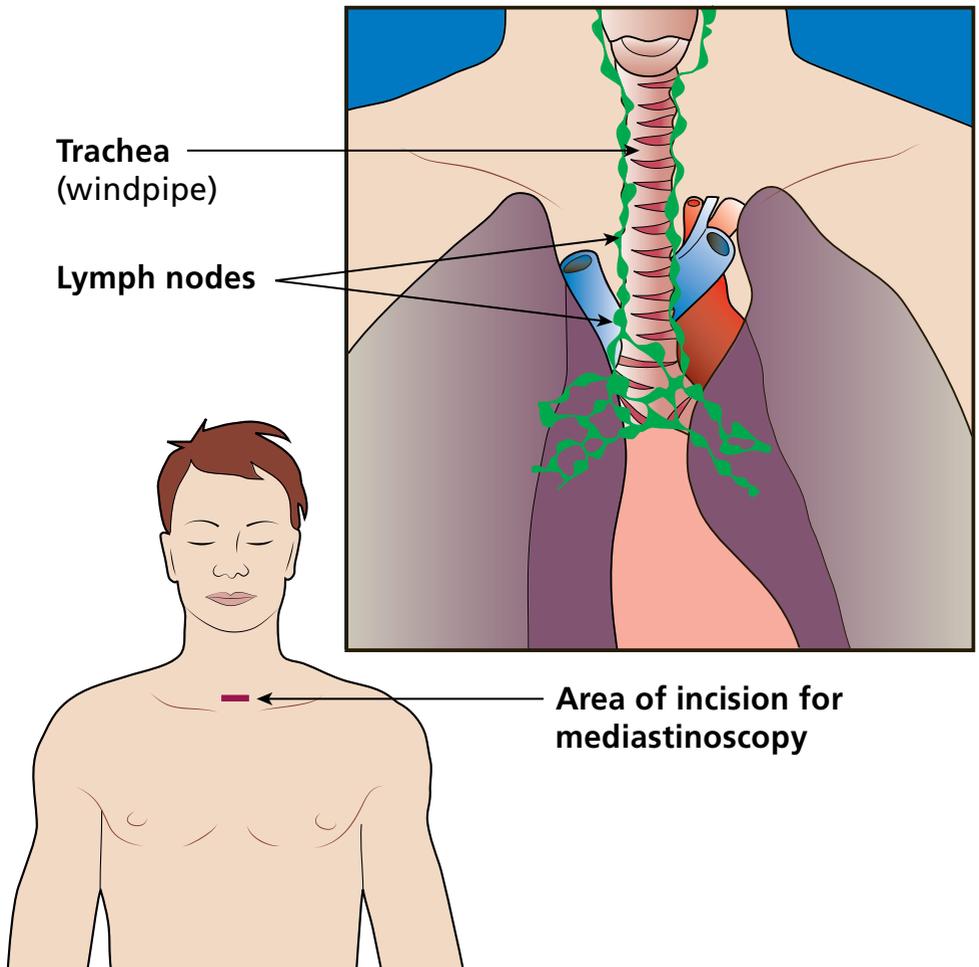
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Why do I need a videomediastinoscopy?

After looking at your chest X-ray and CT scans, the surgeon now needs to take a closer look at the lymph nodes in your chest and take some small tissue samples to decide a treatment plan.



What is a videomediastinoscopy?

A videomediastinoscopy is the surgical procedure in which a lighted instrument (mediastinoscope) is inserted through a small cut above the top of the breastbone. This allows the surgeon to look at the space between your lungs (mediastinal space) and take biopsies (tissue samples) from your lymph nodes.

What are the risks of videomediastinoscopy?

Complications are very uncommon, but can include bleeding, bruising, infection, pain and hoarseness of voice.

Risk of death is less than one in three hundred (thoracic registry; 2002-2011). Your consultant surgeon will discuss this with you in more detail.

You may feel general aches and pains for the first day or two, but this will soon settle.

What happens next?

You will need to be assessed to make sure you are fit for surgery; you will need some or all of the following tests:

- blood tests
- chest X-ray (CXR)
- electro-cardiogram (ECG)
- breathing tests - known as Respiratory Function Tests (RFTs)
- MRSA screen (Methicillin Resistant Staphylococcus Aureus)

These tests may be done on the same day that you see your Consultant Thoracic Surgeon, or you may be sent an appointment to attend a pre-admission clinic.

Pre-Operative Assessment Clinic

Your appointment with the Pre-Operative Assessment Clinic takes place at the Northern General Hospital, Sheffield in the Chesterman out-patients department. It usually takes about 3 - 4 hours. This ensures we have all the information we need before your operation. It is also an opportunity to ask any questions you may have. If you wish, you may bring a family member or friend with you to this appointment.

You will be seen by a nurse, one of the anaesthetic team and a doctor or nurse practitioner. They will each discuss how they will look after you.

You will be advised when to stop eating and drinking before your operation.

Please bring all your medications with you or an up-to-date list from your GP.

We must seek your consent for any procedure or treatment beforehand. Staff will explain the risks, benefits and alternatives where relevant before they ask for your consent. If you are unsure about any aspect of the procedure or treatment proposed, please do not hesitate to ask for more information.

Coming into hospital

You will be admitted either on the morning of surgery or the afternoon of the day before surgery. Your consultant will discuss this with you to ensure this is right for you. You will be given information at your pre-operative assessment clinic appointment regarding your medication and when you need to stop eating and drinking before your surgery.

We ask that you bring your medications with you, in their original containers, for use during your stay.

Pre-op energy drinks

At the Pre-operative Assessment Clinic you will be given a pack of four 'Pre-op' supplement drinks:

- on the evening before surgery please drink two of these drinks
- on the morning of surgery, no later than 6.00am, please drink the final two drinks.

Patients with diabetes should not receive these drinks.

Day of surgery admission

You will be admitted to the Cardio-Thoracic Theatre Admission Unit (CTAU), in the Chesterman wing, at the Northern General Hospital, Sheffield. This unit is situated on D floor in Chesterman wing and lies between Chesterman 3 and Chesterman 4 wards. You will need to report to the nurse in the unit. You will stay here until you go to theatre.

Day before surgery admission

If you are admitted the day before surgery, you will report to the ward reception for Chesterman 3 ward on D Floor in Chesterman wing, Northern General Hospital, Sheffield. From here you will be shown to your bed if it is ready or you may be asked to wait in the patients' lounge until it is available.

Going to theatre

You will be taken to theatre by a nurse and support worker. On arrival at theatre, another nurse will then take over your care.

After your surgery

When the operation has finished, you will wake up in the theatre recovery room. You will stay there for a while to make sure you are

comfortable and ready to return to the ward. You will be wearing an oxygen mask to help you recover from the anaesthetic.

When you arrive back on the ward, your nurse will take your pulse and blood pressure and will check your wound, which will be covered by a small dressing.

You will have a drip giving you fluids until you are drinking.

You may feel some mild pain or discomfort from the wound in your neck. If you do, please tell the nurse who will provide pain relief.

Going home

You will usually go home in the evening after your operation, by which time you will be up and about, eating and drinking. You will also need to have passed urine.

The effects of a general anaesthetic can last for at least 24 hours; even though you may feel fine, your judgement can be impaired.

It is important that you **do not**:

- drive a car
- operate machinery
- drink alcohol
- sign legally binding papers

This is why someone will need to pick you up and take you home and a responsible adult needs to stay with you overnight.

Your nurse will organise any painkillers you need to take home.

Your wound

The dressing on your wound is normally removed before you go home. The wound usually heals relatively quickly. There may be some swelling and/or bruising to the wound area for 2-3 weeks. If this increases, or

there is any redness or discharge, then you need to see your GP. The stitches in your wound are dissolvable, so will not need removing.

Your wound will go through several stages of healing and may include:

- an unusual sensation of tingling numbness or itching
- a slightly hard lumpy feeling as the new tissue forms
- a slight pull as the wound heals

Check your wound every day in the mirror. If the wound is clean and dry there is no need for a dressing. Some swelling is perfectly normal and should go down in a few weeks.

Getting back to normal

Following this procedure you can have a bath or shower if you wish. We advise that to dry the wound you pat it gently with a clean towel. Please do not rub or apply creams, perfumes/after shave or talcum powder to that area until the skin is fully healed.

You may resume your normal activities as soon as you feel able.

You are required to wear anti-embolic stockings for 2 weeks following your operation and you will be given 2 pairs to take home.

Patient discharge lounge

We have a patient discharge lounge at the Northern General Hospital; and we ask that you wait there for your transport and/or medications. Doing this allows a bed to be available for routine and emergency admissions.

The discharge lounge is staffed by nurses who are there to look after you until you leave hospital.

Follow-up

Once your results are available your care will be discussed at the Multi-Disciplinary Team meeting (MDT). Following this, you will have a hospital appointment sent to you to discuss your results and your plan of care.

Is there anything to look out for when I go home?

If you notice any of the following you must seek urgent medical advice from either your GP, your Community nurse or Chesterman 3 (contact numbers are on the back of this leaflet):

- the amount of pain in your wound increases
- your wound becomes redder than before
- your wound becomes warm to touch
- your wound becomes more swollen or hard
- your wound has a discharge coming from it
- any part of your wound appears to be coming apart

Or in an emergency please contact your GP or attend Accident & Emergency:

- breathing problems
- coughing up blood
- bleeding from the wound

Contact numbers

Secretaries	0114 226 6811 or 0114 226 9279
Chesterman 3	0114 271 4419 or 0114 271 4335
Clinic Call Centre	0114 226 9199
Cardio-Thoracic Theatre Admission Unit (7am-3pm)	0114 226 9425

Notes

Notes

Important dates

Pre-operative assessment

Date:

Time:

Date of surgery

Date:

Time:

How to find us

Chesterman Out-patient
Department
Entrance 10
C Floor, Chesterman Wing
Northern General Hospital
Herries Road
Sheffield S5 7AU

Chesterman 3 & Cardiothoracic
Theatre Admission Unit (CTAU)
Entrance 11
D Floor, Chesterman Wing
Northern General Hospital
Herries Road
Sheffield S5 7AU

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