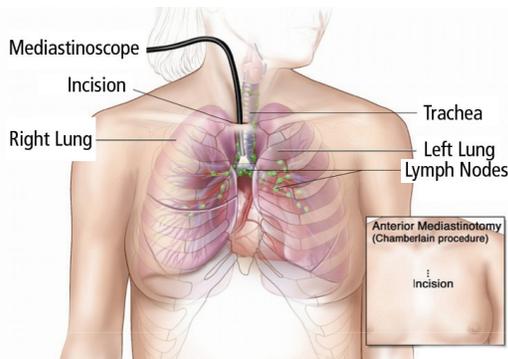
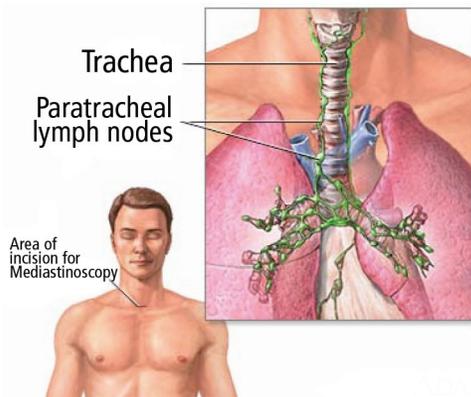


# Mediastinoscopy & Mediastinotomy



## What is the Mediastinoscopy & Mediastinotomy?

Mediastinoscopy (MEE-dee-as-tih-NOS-koh-pee) and Mediastinotomy (MEE-dee-a-stin-AH-toe-mee) is a surgery in the middle of the chest using very small cuts (incisions) to biopsy lymph nodes. A camera on a tube is used. With a mediastinoscopy, the scope is put through a small cut in the neck. With a mediastinotomy, the cut is made in the chest. Your surgeon may do one or both surgeries at the same time.

## Who will do the surgery and where will it be done?

A thoracic surgeon will perform the operation, in an operating room at the Thunder Bay Regional Health Sciences Centre. If a mediastinotomy is done, you will be discharged home the same day. If a mediastinoscopy is done, plan to be in hospital 1 to 2 days.

## What will the surgery tell me?

The surgeon will be able to remove lymph nodes from between the lungs and test them for cancer, inflammation or infection. The test is also used to evaluate tumours or masses in the middle chest. This procedure is commonly used to examine lymph nodes in a patient with lung cancer, for disease staging purposes. Mediastinoscopy can help your doctor make recommendations about treatment (i.e.: surgery, chemotherapy or radiation therapy).

## How do I prepare for the surgery?

Your doctor will do a physical exam and will explain the surgery to you. If you have any questions about the surgery, feel free to ask. It is important that you know and understand what will happen. Blood tests or other tests will be done before the surgery at the Thunder Bay Regional Health Sciences Centre. You will be asked to read and sign a consent form.

The night before, eat a light meal and do not eat or drink anything after midnight. Stop smoking 12 to 24 hours before the surgery.

Plan to have a ride to and from the hospital. Plan to have help at home after the surgery. If you take blood thinners (such as Coumadin) or regularly take aspirin, ask your doctor if you should stop your medication before the surgery.

## Will the test be painful?

The surgery will be done using general anesthesia. General anesthesia puts you to sleep and you do not feel any pain.

---

## Is there anything my surgeon should know before the surgery?

Tell your doctor about:

- Medications you use, including inhalers and over-the-counter items such as pain medication (i.e. Aspirin, Tylenol, Advil), vitamins and herbs.
- Any allergies to any medications, including anesthetics, latex or tape.
- Any bleeding problems or if you take blood-thinners, such as aspirin or warfarin (Coumadin).
- If you are pregnant.
- A history of neck problems or neck injury.

---

## What will happen during the surgery?

You will receive general anesthetic to put you to sleep. Once you are asleep, a tube will be put into your throat to help you breathe during the procedure.

If you are having a Mediastinoscopy, a cut (incision) will be made just above your breastbone at the base of your neck. If you are having a Mediastinotomy a cut will be made on the left side of the chest near the breast bone.

The mediastinoscope will be put through the opening. Your surgeon will examine the space in your chest between your lungs and heart. Lymph nodes or abnormal tissue will be gathered for examination.

After the scope is removed, the incisions will be closed with stitches, and covered with a light pressure bandage. The surgery usually takes about an hour.

---

## What will happen after surgery?

After the surgery, you will be taken to the recovery room. You may be sleepy for several hours after you wake up from the anesthetic. If you have a mediastinoscopy only, you will be able to go home the same day. If you have a mediastinotomy, you may need to stay in the hospital for 1 or 2 days. You should not drive or drink alcohol for the rest of the day.

---

## When will I know the results of the surgery?

Your doctor can tell you how the surgery went as soon as it is finished. If tissue samples were taken, these will take 7-10 days to be examined.

---

## When to seek immediate medical attention:

- Bleeding from your wound.
- Severe shoulder or chest pain.
- Swelling in the neck.
- Shortness of breath.
- Difficulty swallowing.
- Hoarseness of your voice that lasts more than a few days or continues to get worse.
- A temperature above 101°F/38.5°C for more than 24 hours.

---

## Will I require any special care after the surgery?

You will be given instructions to follow after your surgery - related to bathing. You may be tired for a few days after the surgery and have some aches and pains. Some people have a sore throat from the tube placed in the throat. Using throat lozenges and gargling with warm salt water may help relieve your sore throat.

