

## Patient information

# Investigation of an abnormal chest x-ray

## Introduction

You have been told that your chest x-ray shows some abnormal shadowing. Please try not to worry; there are many possible reasons for this. The tests your doctor has suggested are to discover the cause of the shadow.

## What can be done about it?

The tests can all be done as an outpatient or day case and need not require a stay in hospital. It is necessary to determine the cause of the shadow before your doctor can decide if any treatment is needed, however sometimes a trial of treatment (such as antibiotics) is recommended, before further investigations are arranged.

## When can I have the tests?

The tests will be arranged as soon as possible and usually within two weeks.

## What are the tests?

### CT scan

This is done in the x-ray department and involves laying flat on a table which then passes through the scanner. The scan shows the individual organs in the body along with any damage caused by injury or disease. You may be given an injection before the scan to enable the organs to be seen more clearly. The results of the scan will be discussed at the lung Multi-Disciplinary Team (MDT) meeting on the following Friday morning.

Depending on the result of your CT scan, it may be necessary to carry out one of the following investigations to obtain a biopsy. You will be given more detailed information about which investigation is necessary following the MDT meeting.

## **Bronchoscopy**

You will be admitted as a day case to the endoscopy unit for this procedure. A bronchoscopy is a procedure that allows the doctor to look at the main airways in your lung using a very fine flexible tube. If necessary, samples can be taken from any area that looks abnormal.

Whilst sitting in an upright position, the inside of your nose will be lubricated with a gel and your throat sprayed with a local anaesthetic (this may taste rather bitter). The bronchoscope is then passed gently through your nose to the back of your throat and down into your lungs. Some people may need an injection to help them relax. The bronchoscope does not interfere with your ability to breathe normally.

## **CT guided lung needle biopsy**

You will be admitted as a day case to the medical treatment unit for this procedure. The procedure involves lying still on the CT scanning couch on your back, front or side for up to 30 minutes. After a few initial scan pictures the doctor will make a mark on your skin near the area to be sampled.

The doctor will then clean the skin with antiseptic and numb the area before passing a thin needle into the lung. A scan will be taken to check the needle position and then samples will be taken.

You will have a number of scans taken to check the position of the needle and at times you will be asked to hold your breath for a few seconds.

After the procedure is finished a small sticky plaster will be applied.

## **Ultra sound guided biopsy of lymph node**

Occasionally it may be possible to obtain a biopsy from an enlarged gland in the neck. This will be done using an ultrasound scanner to locate the swollen gland. The procedure involves having a little jelly placed on the skin and the ultrasound probe will then be moved over the skin to locate the enlarged gland. Local anaesthetic will be used to numb the area before the biopsy is taken. After the procedure is finished a small sticky plaster will be applied

## After care/discharge advice

You will be given information at the time of the test which will explain any aftercare required and what to do once you go home.

## Results

You will be given an outpatients appointment for approximately a week to 10 days following your biopsy, to get the results. It is a good idea to bring a family member or good friend with you when receiving the results of tests.

If you require any further information or have any questions please contact:

Clinical Nurse Specialist                      01284 713652

or

Respiratory Secretary                      01284 713843

*If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (the new name for DisabledGo) <https://www.accessable.co.uk/organisations/west-suffolk-nhs-foundation-trust>*



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