

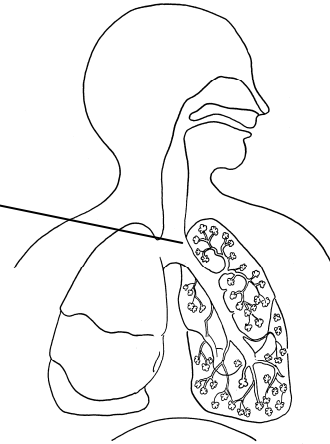
Bronchoscopy

What is bronchoscopy?

Bronchoscopy is a procedure that looks inside the airway of the lungs. The doctor looks inside using a thin tube called a scope. Pictures are sent to a television monitor as the scope goes down.

This is where the bronchoscope goes

The scope goes through your mouth or nose into the airway.



Bronchoscopy is done for many reasons. Your doctor will tell you why you are having this procedure. The method depends on the doctor. You may have:

- light sedation where you get medication to make you sleep through an intravenous tube in your arm. You will also have freezing spray or gel in your throat **or**
- freezing spray or gel in your throat and you are awake during the procedure

Your doctor will explain how you are having this procedure done. It takes 10 to 20 minutes to do but plan to be at the hospital about 1 to 2 hours.

Are there any complications to this procedure?

Before you sign a consent form, your doctor should explain the problems that can occur. Complications are rare but include:

- The scope or biopsy instrument can tear or perforate the lining of the airway. This may or may not need treatment.
- There can be bleeding after a biopsy. Bleeding can be stopped during the procedure. Rarely further treatment is needed.
- If you have an intravenous tube in your arm, you can get a lump or bruise on the skin. This can take a few days to a few months to go away.
- You may have a reaction to the medication used to relax you. The doctor and nurses can manage any complication that may happen. Tell the staff if you have ever had an allergic reaction to any medications or dyes.

Getting Ready at Home

Medications and allergies:

Your doctor may want you to stop taking certain medications 4 to 5 days before the test. Contact the doctor doing the procedure at least 1 week before to ask about your medications.

Prepare a list of the current medications you take and any allergies you have. Include herbal products and over the counter medications on your list. You can ask your pharmacist to print a copy of your medication record for you. Bring this list or your medications to your procedure.

Prepare to bring all health insurance information to the hospital such as:

- **your Ontario Health Insurance card and**
- **any other insurance papers such as Blue Cross, Metropolitan etc.**

If you are having sedation:

Ask your doctor if you are having sedation. If you are, you must arrange for someone to take you home after the procedure. You cannot leave the hospital alone or drive for 24 hours. If you plan to take a taxi home, you still need to have someone with you. Make your plans ahead of time.

If you are not having sedation:

You can drive yourself or take a taxi when you are done.

Before Coming to the Hospital

Eating and drinking:

- If your test is in the morning before 12:00 noon, do not have anything to eat or drink after midnight.
- If your test is booked after 12:00 noon, you may have clear fluids at 6:00 a.m. Clear fluids are black tea and coffee, water and apple juice.

Getting to the hospital:

- If you are driving yourself to the hospital, you can park in the visitors parking ramp off James Street South.
- If you are getting a drive, your driver can drop you off at the front of the hospital off Charlton Avenue East.
- If English is not your first language, please bring someone who can interpret for you.

At the Hospital

Registration:

When you arrive at the Endoscopy Unit on Level 3 of the Sister Mary Grace Wing, register in Room 318.

Plan to be at the hospital about 2 hours. There are many doctors and patients in this unit so you may see people go in “out of order”.

In the Endoscopy room:

The nurse will ask you some questions and do a nursing history. The nurse will review your allergies and medications with you and help you get ready. You will wear a hospital gown over your clothes. You will remove your glasses and dentures just before the procedure.

If you are having sedation, you will have a thin tube put into your arm called an intravenous. This is used to give you medication. Your blood pressure, heart beat and oxygen levels will be checked.

What happens during bronchoscopy?

Before this test, your doctor may give you a medication to help you relax. The doctor will then freeze the back of your throat with a local anaesthetic to make you more comfortable. The bronchoscope is placed in your nose or mouth and guided down the airway. The doctor will tell you what he or she is doing during the test. Oxygen may be given during this procedure. You will have 2 small prongs in your nose to give you oxygen. There is a nurse in the room helping you and the doctor. The procedure feels uncomfortable but is not painful.

After Bronchoscopy

Resting...

You will need to rest for 1 hour after the test if you have sedation. If you did not have sedation, you will be able to go home right away.

Drinking and eating...

Your doctor or nurse will tell you when it is safe to drink and eat after the test. The anaesthetic in the back of your throat needs time to wear off before you can swallow safely. It takes about 1 hour to wear off.

Your throat...

Your throat may be sore or your voice hoarse when the anaesthetic wears off. This will soon go away. You can help your throat feel better by:

- sucking lozenges
- gargling with warm salt water
- drinking warm liquids

Take a few sips of water first to make sure your throat is not still frozen.

If you had sedation...

- You must have someone give you a ride home.
- Do not drive, operate machinery, drink wine, beer or alcohol or make major decisions for at least 24 hours after sedation.
- You can return to work the next day.
- You can return to all of your normal activities the next day.

What to watch for at home...

After bronchoscopy, you may have some pink coloured secretions, cough up bright red blood or a fever. If any of these get worse call your doctor.

Call your doctor if you:

- have prolonged face, neck, throat or chest discomfort
- have trouble breathing or swallowing
- cough up more than a teaspoonful of bright red blood
- have any concerns or questions

If you have any questions, please call the doctor's office that ordered this test.