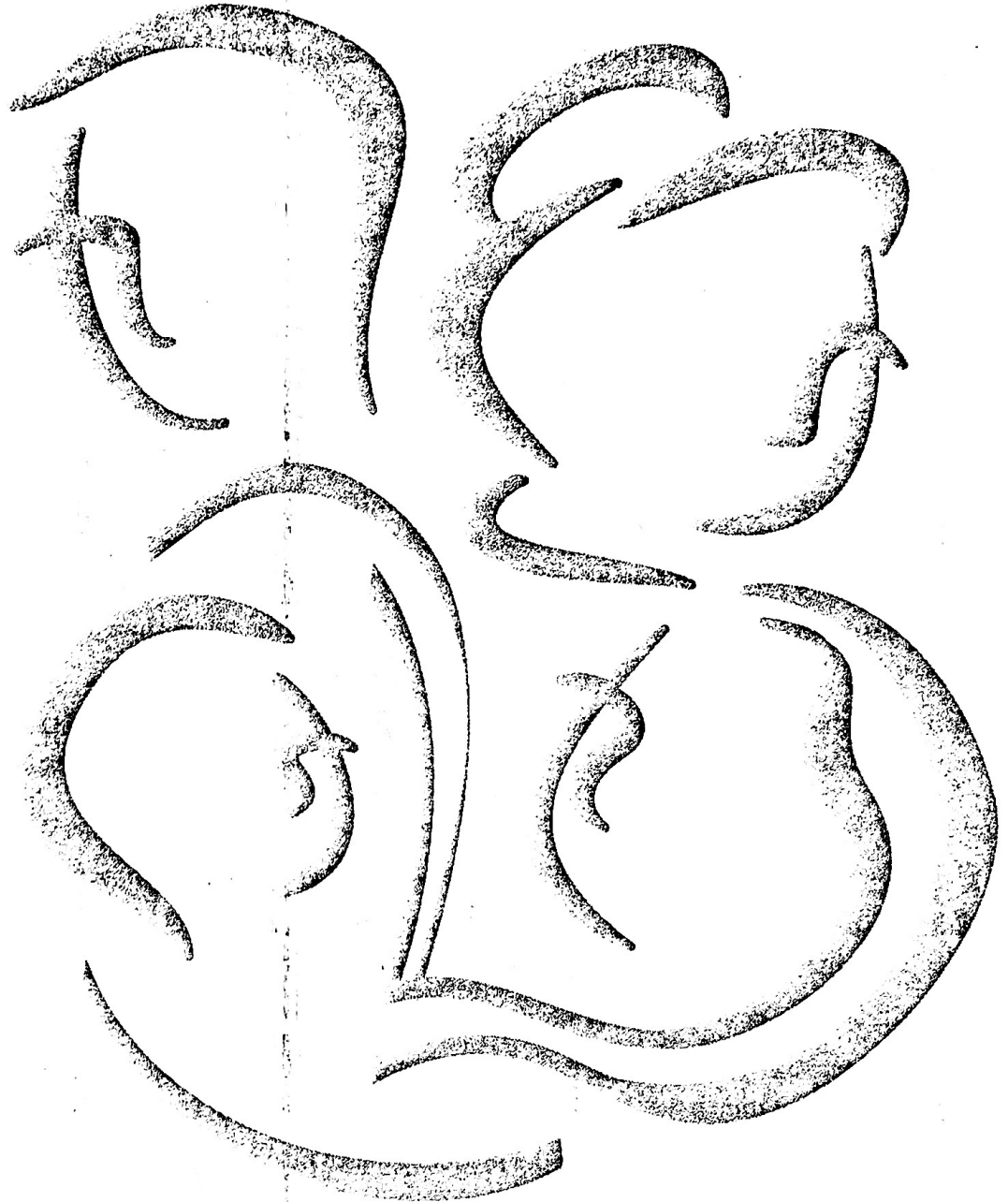


Bronchoscopy



Preparation and Day of Procedure Instructions

Bronchoscopy is an examination of your airways (windpipe and lungs). A long, thin flexible tube with a light, called a bronchoscope, is inserted through your nose or mouth.

Why it is done?

This procedure may help your doctor diagnose your condition and prescribe a treatment. Sometimes biopsies (tissue samples) are taken to help diagnose your illness. Foreign bodies or excess mucus can also be removed.

How to Prepare for a Bronchoscopy

- You will need to sign a consent form. Talk to your doctor if you have any questions about this procedure.
- You need to be fasting for this examination. **Your doctor will advise you about when to stop eating or drinking before the procedure.**
- Tell your doctor if you have any medical conditions (e.g., high blood pressure, heart disease, diabetes), drug allergies, or take any regular medication.
- Ask your doctor if you should take your medication on the day of your procedure. If you are to take your medication, take it with **sips of water only.**
- Do not take aspirin, aspirin-containing products, or anti-inflammatory medications (e.g., Naprosyn®) for **one week before your bronchoscopy** unless otherwise told by your doctor.
- If you are taking anti-coagulants (blood thinners), call your doctor 2 weeks before your procedure for further instructions.
- **Make arrangements for transportation home after your bronchoscopy. You will not be allowed to drive home, as you will have received medication that makes you drowsy. A responsible adult must take you home, either by driving you or going with you in a taxi.**
- **Leave anything of value at home (jewellery, credit cards, more than \$20 cash). The hospital will not be responsible for lost items.**
- You may be asked to remove your dentures, bridges, glasses or contact lenses before the procedure. Bring appropriate containers to store them.

During the Procedure

- This procedure may take up to 60 minutes. Plan to be at the hospital for 5 hours.
- You may be given a medication by intravenous (IV) to help you relax and make you drowsy. You may fall asleep and may not remember what happened during that time or what the doctor has told you.
- You will lie on a table with your head raised slightly. The room will be darkened.
- A gargle or spray with a local anesthetic will be used to numb the back of your throat and stop you from swallowing. You may have some coughing or a strange taste in your mouth for a few minutes.
- You will not be able to talk during the procedure but you can communicate with hand signals.
- You may feel short of breath because the bronchoscope is in your airway but you will be able to breathe. Taking slow breaths often relieves this feeling.
- Your oxygen level and pulse rate will be monitored during the procedure. You may be given oxygen during and after the procedure.

What to Expect After the Procedure

- You will rest in bed for a short time.
- You may have a chest x-ray.
- You must not eat or drink until the numbness in your throat wears off; about 1–2 hours.
- Your blood pressure, pulse, and breathing rate will be checked.
- You may cough up some blood-tinged sputum, especially if you have had biopsies taken.
- You may have a fever the day of the procedure.

What to Expect after Discharge

- If you received IV medication during the procedure, you are legally **under the influence of a drug for the next 24–36 hours**. During this time you should:
 - o have someone stay with you overnight, especially if you would have been alone or if you care for others (e.g., children)
 - o not drive a car, ride a motorcycle, bicycle or horse
 - o not use power appliances or tools (for example, food processor, power drill, or chain saw)
 - o not cook or pour hot liquids
 - o not drink alcohol
 - o not sign legal or financial documents
- You may be hoarse, have a sore throat and/or cough for 1–2 days. You may gargle with warm salt water or suck on throat lozenges.
- You may have a slight fever the evening of the test. Medications such as acetaminophen (e.g., Tylenol®) can be taken for fever or sore throat.
- You can take your regular medications unless your doctor tells you otherwise.
- It is normal to cough up small streaks of blood for about 5 days and up to 1–2 weeks. **Any increase after 5 days or anything larger than dime-sized amount of bright red blood should be reported to your doctor right away. If you cannot reach your doctor, go to the nearest hospital emergency department.**

Problems to Report to your Doctor

If you have any of the following symptoms, call your doctor or go to the nearest hospital emergency department:

- anything larger than dime-sized amount of bright red blood
- fever (temperature higher than 38 °C or 100.4 °F) that lasts more than 18 hours
- increased shortness of breath
- chest pain
- an increase or change in the colour of your sputum (phlegm)

Follow-up Visit

Contact your doctor's office for a follow-up visit and to receive your test results.



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P:(403)475-9766 F:(403) 538-6745

BRONCHOSCOPY INSTRUCTIONS

LOCATION: PLC - PETER LOUGHEED CENTRE

 UNIT 22

PLEASE ARRIVE 1 ½ HOURS PRIOR TO YOUR PROCEDURE TIME.

NOTHING TO EAT OR DRINK AFTER MIDNIGHT – THE NIGHT PRIOR TO YOUR PROCEDURE.

YOU MUST HAVE TRANSPORTATION HOME AFTER THE PROCEDURE.

**YOU WILL NEED A FOLLOW-UP APPOINTMENT WITH DR. TOURIN
APPROXIMATELY ONE WEEK AFTER YOUR PROCEDURE.**