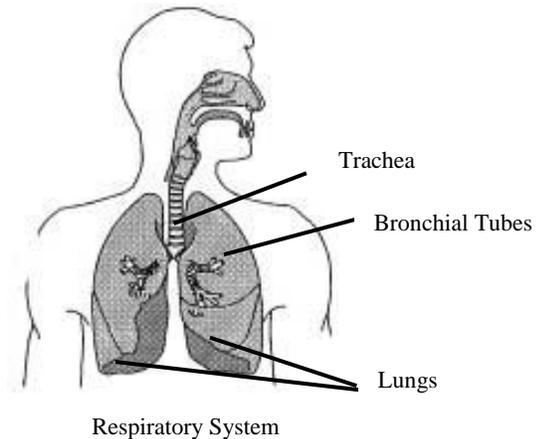


Bronchoscopy

Purpose

Bronchoscopy is a procedure in which the doctor uses a flexible tube to look into the trachea (windpipe), the bronchi (large air tubes leading to the lungs), and the lungs. The tube (bronchoscope) is inserted through the nose or mouth and down into the airways. Through this tube, the doctor can see the airways and collect tissue samples for examination in the laboratory.

Doctors use bronchoscopes to identify lung illnesses, to remove blockages from the airways, and to see how well the area has healed after treatment. Doctors who use the instruments have special training in the field of medicine involving the lungs.



Before the Bronchoscopy

- Your doctor will meet with you and answer any questions you may have.
- You will be asked to sign a consent form that gives the doctor your permission to perform the bronchoscopy.
- It is very important that you **do not eat or drink anything after 12 midnight** before the procedure. If you are not able to follow this instruction, tell your doctor or nurse. Your nurse will let you know when you may resume eating and drinking.
- **The day of the procedure a responsible adult must come with you, physically sign you out of the clinic after the procedure, and drive you home.**
- Please **do not** smoke before the procedure or for at least two hours after the procedure. Smoking will increase the amount of throat irritation that naturally occurs after a bronchoscopy.
- If you have been taking medication for hypertension, heart disease or arrhythmias, you may take these medications with a sip of water the morning of the procedure.

- Please bring a list of all medications you are taking including vitamins, over-the-counter medications, herbal remedies and prescription medications.
- If you are not already a patient in the hospital, you will receive written instructions to arrive in the Cardiopulmonary Center, Main Building, Floor 8, near Elevator C, **one hour prior** to your scheduled procedure time.
- The nurse will complete a patient assessment for you, ask you to put on a hospital gown and remove your dentures if you wear them.
- An IV (a tube through your vein) will be placed in your hand or arm. Through the IV, you will receive normal saline and sedation medication as the doctor orders. The medication will help you to relax and remain comfortable during the procedure.

During the Bronchoscopy

1. You will lie on your back during the procedure. A blood pressure cuff and a finger probe will be connected to you for the purposes of monitoring blood pressure, heart rate, and oxygen levels during the procedure.
2. The inside of your nose and throat will be sprayed with a medicine that numbs these areas. The spray has a bitter taste that will soon go away. As your tongue becomes numb, it will feel thick.
3. To help you relax, you will receive sedation medication through your IV.
4. The lights in the room will dim, allowing the doctor to see the monitor more clearly.
5. The doctor will insert the small end of the bronchoscope through one of your nostrils or your mouth. As the tube passes down the back of your throat, you may cough. You may feel a "fullness" in your throat, but you will be able to breathe around the bronchoscope. You will receive additional oxygen.
6. The doctor will give you medication through the tube to help relax your airways. As the medication enters your airway, it may make you cough.
7. The bronchoscopy will last for 15 to 45 minutes. When it is finished, you will either return to your room if you are an inpatient, or you will stay in the clinic until you are ready to go home.

After the Bronchoscopy

- **Do not** eat or drink anything for two hours after the procedure. Your throat will still be numb from the anesthetic, and eating or drinking could cause you to choke. After two hours, you may resume your regular diet.
- **Do not** drive, operate heavy machinery or dangerous equipment until the day after the

procedure.



- **Do not smoke.**
- **Do not** conduct important business or sign legal documents after your procedure due to the effects of the sedation medication.
- You will use a wheelchair when you leave the recovery area.
- Notify your doctor if you have chest pain, or your breathing is painful or difficult.
- If you have been taking blood-thinning agents prior to the bronchoscopy, be sure to ask your doctor about resuming blood-thinning agents after the bronchoscopy.
- If you have a temperature above 101°F (38.3°C), you may take the medication you normally take for a temperature and notify your nurse or doctor.
- Expect to have mild soreness and hoarseness in your throat after the bronchoscopy.
- You may see small specks of blood in your mouth or sputum (saliva, or mucus coughed up from the lungs) for a short while after the procedure. Although this is normal, notify your doctor or nurse immediately if the amount of blood increases.
- You may resume your normal activities the next day after the procedure.
- Most results from the tests on the samples obtained during bronchoscopy take 48 to 72 hours to process. Unless otherwise arranged, you will communicate with you primary oncologist or surgeon to review these results. Do not hesitate to go to the nearest emergency room, or call 911 if you feel you need to be evaluated by a health professional immediately.

Additional Instructions

You may eat or drink at _____ (nothing before this time).

If you have any problems or questions concerning the bronchoscopy call:_____.

Weekdays after normal working hours, weekends, and holidays, call:_____.

Cardiopulmonary Center

Main Building, Floor 6, near Elevator D
Monday through Friday, 8 a.m. to 5 p.m.
713-792-4015

Emergency Center

Main Building, Floor 1
Monday through Friday, after 5 p.m.
Saturday, Sunday, and Holidays
713-792-3722