

# What you need to know about your Bronchoscopy

## Before the Bronchoscopy

After careful medical assessment, your doctor has recommended that you have a bronchoscopy for further evaluation and treatment. During bronchoscopy, a tiny flexible fiberoptic tube is passed through the nose or mouth and windpipe into the lungs.

## The Day Before the Procedure

You must have nothing to eat or drink after the night before the test.

You will be asked to sign a consent form authorizing the doctor to perform the procedure. Please let the doctor and nurse know if you are allergic to any medicines or taking any blood thinners. Tell the doctor or nurse if you think you could be or are pregnant and breastfeeding.

## The Day of Your Procedure

A needle for intravenous (IV) medication will be placed in a vein in your arm before the procedure. This will be used to inject medicine to make you sleepy and relaxed. The doctor or nurse also may spray or dab your nasal passages and throat with a numbing medicine to aid in passage of the bronchoscope. Oxygen may be given to you by nasal prongs placed in your nostrils. Your blood pressure, respiration and heart rate also will be monitored during the procedure. The amount of oxygen in your blood also will be monitored. The doctor may choose to take x-rays during the procedure. The room will be darkened for this. The procedure also may be videotaped through the bronchoscope.

The bronchoscope will be passed through your nostril or mouth. You may experience some coughing. This is normal. The doctor will continue to numb the air passage during the procedure to reduce your coughing.

The doctor may take samples of tissue or fluid through the bronchoscope using tiny instruments. Most people do not feel any discomfort or sensation when samples are taken.

## After the Procedure

Samples are sent to the laboratory for analysis. Results usually take two days. Since your throat will be numb, do not eat or drink for at least two hours after the procedure is completed. It is normal to cough small amounts of blood after the procedure, especially if tissue samples (biopsies) are taken. This will clear after a few hours. Tell your doctor or nurse if you continue coughing blood after four hours. Also tell the doctor or nurse if you experience an increase in bleeding, increase in shortness of breath or temperature elevation more than 101. The procedure takes an hour from start to finish.

After the procedure, the doctor will discuss the findings with you and your family.

## Important Facts to Remember Before the procedure:

1. Tell your doctor or nurse if you have any allergies to medications or are taking any blood thinning medication. Tell the doctor if you are pregnant, think you may become pregnant or are breastfeeding.
2. Do not eat or drink after midnight on the day of your test. If you are instructed to take your usual medication in the morning, drink as little water as possible.

## During the procedure:

1. It is normal to experience some coughing.
2. Try to relax and follow your doctors directions to take a deep breath when asked.
3. Tell the nurse or doctor if you are experiencing any discomfort.

## After the procedure:

1. It is normal to cough up small amounts of bloods or blood tinged mucus.
2. Tell the doctor or nurse if you experience any shortness of breath or are coughing up increasing amounts of blood.
3. Do not have anything to eat or drink for two hours after the test. After that you may resume your regular diet.