

What happens after a Bronchoscopy?

If you have had sedation, you will be considered legally impaired. You may feel sleepy after the procedure, so please have an adult accompany you home. You cannot drive until the following day. It is recommended that you do not operate equipment or do not do any strenuous activities. You should not be responsible for the care of another person. You should not sign legal papers, drink alcohol or use recreational drugs until the following day.

Your throat will be numb so you should not eat or drink for 2-3 hrs after the procedure. Slowly start back on fluids by trying some water first. If you can swallow comfortably, you can progress with solid food. If you have had biopsies taken coughing up a small amount (less than 1 teaspoon) of blood is normal for 2-3 days after the test.

Who to Contact?

Call 911 or go to the nearest Emergency Department if you experience the following:

- Shortness of breath.
- Chills or fever (38.5C/101.3F and over) the day after your procedure.
- Persistent coughing of large amounts of blood clots

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Resources and Supports

We aim to make this appointment as comfortable as possible by creating a welcoming and trusting environment through respectfulness and sensitivity to patient needs. However, we realize that the procedure performed can be difficult and uncomfortable for many individuals; both physically and emotionally. If you are finding yourself experiencing ongoing difficulties relating to today's procedure, we encourage you to reach out and talk about it with someone you trust, such as family, friends, community members, or professional care providers.

Some available community services are:

- Healthlink BC - 811
- 211 Helpline
- Vancouver Island Crisis line
1-888-494-3888
- First Nations & Inuit Hope for Wellness
1-855-242-3310 or hopeforwellness.ca
- Métis Crisis Line
1-833-MétisBC (1-833-638-4722)
- Kuu-Us Crisis Line
1-800-588-8717
- Trans Life Line
1-877-330-6366

Although we strive towards excellent care for all, we acknowledge that this may not be everyone's experience. In order to better our services and meet the needs of others, we welcome feedback.

Please contact the Patient Care Quality Office:

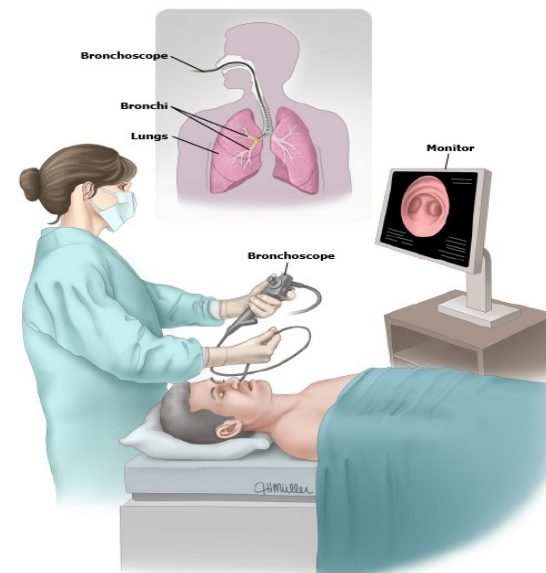
P: 250-370-8323 Toll-free: 1-877-977-5797

E: patientcarequalityoffice@islandhealth.ca

Bronchoscopy

Patient Information

**"Excellent health and care for everyone,
everywhere, every time"**



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Outpatient Locations

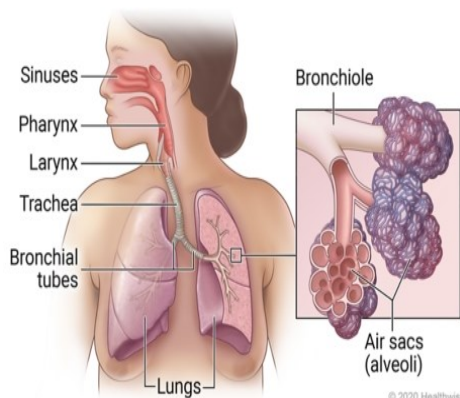
What is a Bronchoscopy

A bronchoscopy is a procedure that allows the doctor to look inside of your lungs and takes about 30-60 minutes to complete. A thin, flexible tube with a camera is passed gently through your mouth down the trachea and into the lungs. A small amount of fluid and/or a piece of tissue (biopsy) may be taken to rule out microscopic or other concerns. The results of the bronchoscopy will be sent to your doctor.

Reasons for a Bronchoscopy

Your doctor may order a bronchoscopy if you have:

- Bleeding or bloody mucous
- Trouble breathing, or a long-term (chronic) cough
- Other tests, such a chest X-ray or CT scan, that show problems with the lung or with lymph nodes in the chest.
- Objects blocking the airway.
- Growths in the airway
- Narrowed or mucous plugged airways
- A possible infection or lung disease



Preparing for a Bronchoscopy

Your doctor's office will give you specific instructions about what to do before a bronchoscopy. It will tell you if you need to stop taking any of your usual medications beforehand. In order for the test to be done safely, you should not eat or drink anything after midnight on the night before your test (including gum, candies and antacids). If you do need to take medications prior, make sure you take them 3 hours before the test with only a small sip of water. Let your doctor know if you have trouble getting ready for your bronchoscopy.

The Day of Your Bronchoscopy

You cannot drive if you are receiving sedation, so please arrange a ride to and from the hospital. Have your Care Card and a list of your medication for the clerk when you check in. A nurse will interview you in the admission area to gather information for your health record. You will be asked to take off your clothing from above the waist, put a gown on, and lay down on a stretcher. The nurse will start an IV (intravenous line). If you wish to have the procedure, you will need to sign a consent form when you feel comfortable with the information you have received. As with any medical procedure, there is a possibility of complications. Ask your nurse or doctor if you have questions about the risks and/or benefits of the bronchoscopy prior to the procedure. You will be brought into the procedure room and

attached to the monitoring equipment and oxygen. A topical freezing solution will be sprayed by a Respiratory Therapist to the back of your throat. This may cause you to cough before it takes effect. A mouth guard will be applied to prevent you from biting on the scope and to allow the scope to glide over your tongue and down your throat. Your doctor will give you conscious sedation (medication in the IV) to help you relax and reduce discomfort and anxiety during the procedure. The conscious sedation affects everyone differently and can also alter your memory. You may remember all the procedure, parts of it or none of it. The goal is to keep you comfortable. You will not feel it if the doctor takes a biopsy. Depending on the type of biopsies you may require a chest x-ray after the test.

When the procedure is over you will be taken to the recovery room. You will be monitored for 30 - 60 minutes or more. A nurse will explain your discharge instructions. You will need to stay in the discharge area until your previously arranged driver can accompany you home.



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