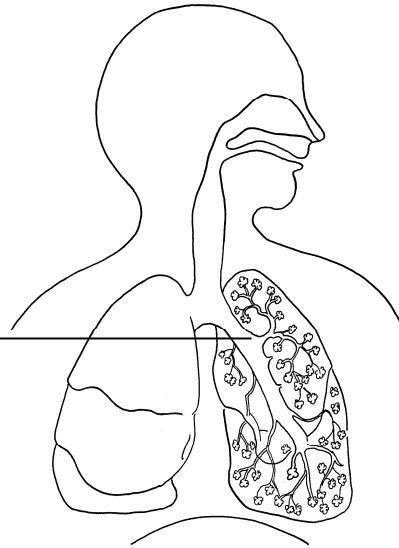


Bronchoscopy (for inpatients)

What is a bronchoscopy?

A bronchoscopy is a procedure to look inside the airway to your lungs. The doctor uses an instrument called a bronchoscope. This is a small tube with a light at the end. The bronchoscope goes into your mouth or nose and down into the breathing tubes in your lungs. The doctor can look at the tubes and parts of your lungs and take samples of tissue.



This is where the bronchoscope goes

What happens before a bronchoscopy?

Do not have anything to eat or drink after midnight the night before the bronchoscopy. If you take medication each morning, ask your doctor if you should take your medication the day of the test with a sip of water. If you take aspirin or blood thinning medication, your doctor may want you to stop taking this a few days before the bronchoscopy. Talk to your doctor about your medications.

What happens during a 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 visually 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.

How long does a bronchoscopy take?

A bronchoscopy takes 10 to 30 minutes. You will go down for the exam about 1 hour before the test. You will also stay 1 hour after the test if you have been given sedation and then return to the nursing unit.

After Bronchoscopy

Resting:

You will need to rest for 1 hour after the test if you have sedation.

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 ½ 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.

What to watch for:

After a bronchoscopy, you may have some pink coloured secretions, cough up bright red blood or have a fever. If any of these increase let a member of the health care team know.

Tell your doctor or nurse 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