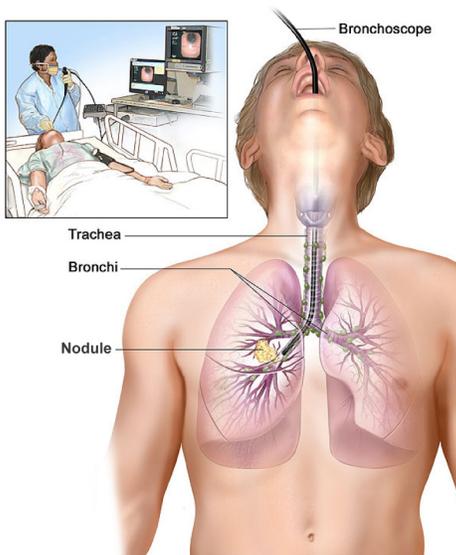


# Bronchoscopy



## What is Bronchoscopy?

Bronchoscopy (bron-KOS-koh-pee) is a test used to help diagnose lung problems. Bronchoscopy allows a doctor to examine inside your breathing passages. A thin flexible tube called a bronchoscope is used. A special light and tiny camera are attached to the tube. Other attachments can also be attached to gather tissue samples. A mediastinoscopy and a mediastinotomy can also be performed at the same time as a bronchoscopy.

## What will the test tell me?

Bronchoscopy lets your doctor examine inside your airway for anything abnormal. This includes foreign bodies, bleeding, a tumour, or inflammation. Tissue samples can be gathered using a brush, a needle, or forceps clamp. These tissues will be looked at under a microscope to see if it is normal or abnormal.

## Who will perform the test?

A thoracic surgeon or respirologist usually performs the test.

## Where will the test be done?

The test will be done at the Thunder Bay Regional Health Sciences Centre as an out-patient. You will return home after the test.

## How do I prepare for the test?

- Do not eat or drink for 8 to 12 hours before the bronchoscopy. If you have diabetes, ask your doctor what you may have to eat or drink before the exam.
- Stop smoking for 12 to 24 hours before the exam, or stop as directed by your doctor.
- Arrange for someone to drive you home after the test.
- Read and sign a consent form.
- Empty your bladder before changing into your hospital gown.

## Is there anything my doctor should know before the test?

Tell your doctor about:

- Medications you use, including inhalers and over-the-counter items such as pain medication (i.e. Aspirin, Tylenol, and Advil), vitamins and herbs.

- Any allergies to latex, tape or any medications.
- Any lung problems you have had.
- Whether you are pregnant.

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## Will the test be painful?

Your nose and throat may be numbed with a special spray. You will be given medication to help you relax and prevent gagging. The medications may be given by an IV (intravenous) line. If the doctor takes a biopsy, you might feel pressure or slight tugging. This does not usually hurt.

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## What will happen during the test?

The bronchoscopy will take about 45 to 60 minutes. You will be on a table with your head raised. Or, you may sit in a special chair. Oxygen may be given through a soft nasal clip. The room may be darkened.

The doctor will insert the tube into your nose or mouth. You may feel a gagging sensation. To help relieve this feeling, you may be told to swallow or take deep breaths. You will be able to breathe even with the tube in place. You will not be able to talk. The doctor will examine your breathing passages. Tiny tissue samples may be removed for biopsy.

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## What will happen after the test?

You will be given instructions to follow after your exam. To avoid choking, spit out any saliva in your mouth. After the procedure, your gag reflex will return. However, until it does, do not eat or drink anything until the medication fully wears off. Try to avoid coughing or clearing your throat.

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## When will I know the results of the test?

The doctor will discuss the test results at your next visit.

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## Are there any side-effects to the test?

After the procedure, you may feel tired for a day or so and have general muscle aches. Your mouth may feel very dry for several hours after the procedure. You may also have a sore throat and some hoarseness for a few days. Sucking on throat lozenges or gargling with warm salt water may help soothe your sore throat. If a biopsy was taken, it is normal to spit up a small amount of blood after the procedure.

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## Will I require any special care after the test?

You will be in recovery for 2 to 3 hours after the procedure.

Following the bronchoscopy:

- Do not eat or drink anything for about 2 hours, until you are able to swallow. You may start your normal diet, starting with sips of water, as tolerated.
- Spit out your saliva until you are able to swallow with out choking.
- Do not smoke for at least 24 hours.
- If a biopsy was done, do not clear your throat or cough for several hours.
- Arrange for a ride home.

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## When to seek IMMEDIATE medical attention:

- Shortness of breath.
- Bleeding from your throat.
- Chest pain.
- Persistent pain, chills, shakes, or flu like symptoms.
- A temperature above 101°F/38.5°C for more than 24 hours.



**THUNDER BAY REGIONAL HEALTH SCIENCES CENTRE  
SURGICAL DAY CARE**

**SELF CARE FOLLOWING BRONCHOSCOPY/TRANSBRONCHIAL BIOPSY**

- ACTIVITY:** The medication you received during your procedure will continue to make you feel drowsy, or slightly dizzy, for several hours. Because of this, it is very important that you do not drive any kind of vehicle for the remainder of the day. You should be in the care of an adult as long as you feel the effects of the medication.
- DIET:** The medication that was sprayed in your throat will interfere with your ability to swallow for a short time. After your procedure, the nurse will give you something to eat and drink before you go, when the effects of the spray has worn off. Unless otherwise notified, you may resume your normal diet.
- MEDICATION:** You may receive a prescription for medication that your physician feels is important to your treatment. Be sure you understand how to use this medication correctly. You may resume all pre-procedure medications, unless told otherwise.

After your procedure, you may experience some shortness of breath. An oxygen mask or nasal cannula may be necessary for a short period of time. If Dr. Gehman feels it is necessary, you may receive some medication by aerosol mask. Your oxygen levels will be monitored by an oximetry machine that is attached to your forefinger. Occasional coughing is accompanied by small blood streaks. This, however, should not increase in amount by the time you leave the hospital.

Sometimes a post-procedure x-ray will be requested by Dr. Gehman.

Go to the nearest Emergency Department if you experience any of the following:

- Chills or fever of 38.5 C (101 F) when you take your temperature with a thermometer
- An unusual increase in the amount or location of pain
- Unusual shortness of breath
- Coughing/spitting up large amounts of blood

Dr. Gehman will speak with you prior to your discharge and go over his findings and future plans.