



Patient & Family Guide
2021

Bronchoscopy



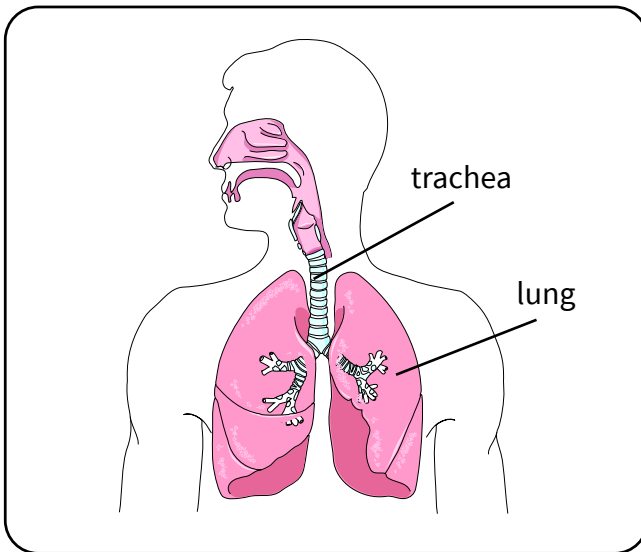
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Bronchoscopy

What is a bronchoscopy?

A bronchoscopy is a procedure that lets your health care team see inside your trachea (windpipe) and other major airways in the lungs.

This procedure has a low risk of complications. The risks increase slightly if a biopsy is done (a piece of tissue is taken). Your health care team will talk with you about this before the procedure.



Why is a bronchoscopy done?

A bronchoscopy is done to:

- › Find out what is causing your symptoms
- › Get a sample of lung tissue, lymph nodes, cells, or mucus
- › Clear out mucus that you cannot cough up
- › Check something that was seen on an X-ray
- › Remove something that was inhaled (breathed in)
- › Look for infection

What will happen before the bronchoscopy?

- **Do not eat or drink anything, including water, after midnight the night before the procedure.**
- If your procedure is at noon or later, ask if you may have clear liquids before 8 a.m. Clear liquids include: water, pulp-free juice such as apple, grape, or cranberry juice (**NOT ORANGE JUICE**), or sports drinks (no coffee, tea, or milk products).
- If you are taking heart, blood pressure, steroid or breathing pills, you may take them on the day of the procedure with small sips of water.

When scheduling the procedure, tell staff if you:

- › are taking diabetes pills or insulin.
- › are taking products that have ASA (such as Aspirin®).
- › are taking a blood thinner, such as clopidogrel (Plavix®) or warfarin (Coumadin®).
- › are taking any medications that increase the risk of bleeding.
- › need antibiotics for tests or dental work.
- If you need to cancel this procedure:
 - › Call the doctor's assistant who called you with the bronchoscopy appointment information right away. This will allow us to book someone else in your time slot.
- **Do not wear any jewelry to the hospital.**
- **Do not use perfumed products.** Nova Scotia Health facilities are scent-free.

Where is the procedure done?

Your procedure may be done at:

- › Endoscopy Unit, 9th floor, Victoria Building, Victoria General site, QEII
- › Minor Procedures Clinic, 4th floor, Halifax Infirmary, near Robie Street entrance
- › An operating room
- › A Radiology Department

Your health care team will let you know where your procedure will be done and give you directions.

You must have a responsible adult take you home and care for you. You are not allowed to drive yourself.

If you do not have someone to help you:

- › **Call the doctor's assistant who called you with the bronchoscopy appointment information right away. We may have to cancel your test.**

How is the procedure done?

- An intravenous (IV) will be put in your arm. You may be given a medication to help you relax and a medication to stop you from coughing.
- You will be given liquid freezing medication to gargle. You may also be given liquid freezing medication to inhale (breathe in) from an aerosol mask.
- A spray will be used to freeze the back of your throat, and sometimes your nose, so that you do not feel any pain.
- The oxygen level in your blood will be checked. You may be given extra oxygen to help your breathing.

- Your heart rate and blood pressure will be monitored.
- The bronchoscope (tube) will be passed through your mouth or nose and into your windpipe.
- The scope may be used to take a biopsy (sample of tissue) or specimens.
- The procedure takes about 30 minutes.

You must have a responsible adult take you home and care for you. You are not allowed to drive yourself.

If you do not have someone to help you:

- › **Call the doctor's assistant who called you with the bronchoscopy appointment information right away. We may have to cancel your test.**

What will happen after the bronchoscopy?

- Do not eat or drink for 2 hours after the procedure. This will prevent food and liquids from entering your airways or lungs.
- You may:
 - › Be hoarse or have a sore throat because the scope was passed through your voice box
 - › Cough

- › Cough up small amounts of blood, especially if a biopsy or specimen was taken
- You will be able to go home about 1 hour after the procedure.
- **A responsible adult must pick you up to take you home.**
- You may have a fever on the day of your bronchoscopy. Call the doctor who performed the bronchoscopy if this lasts longer than 24 hours (1 day).

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

- › cough up more than small amounts of blood.
- › have a hard time breathing.
- › have chest pain.

For 24 hours after the procedure:

- **Do not** drive a car or operate heavy machinery.
- **Do not** drink alcohol.
- **Do not** be the main caregiver for others.
- **Do not** sign any legal forms, financial documents, or other important papers.
- **Do not** go home alone. You may only go home in a taxi if you have a responsible adult to go with you.

Notes:

Looking for more health information?

Find this pamphlet and all our patient resources here: <https://library.nshealth.ca/PatientEducation>
Contact your local public library for books, videos, magazines, and other resources.
For more information, go to <http://library.novascotia.ca>
Connect with a registered nurse in Nova Scotia any time: call 811 or visit <https://811.novascotia.ca>
Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

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