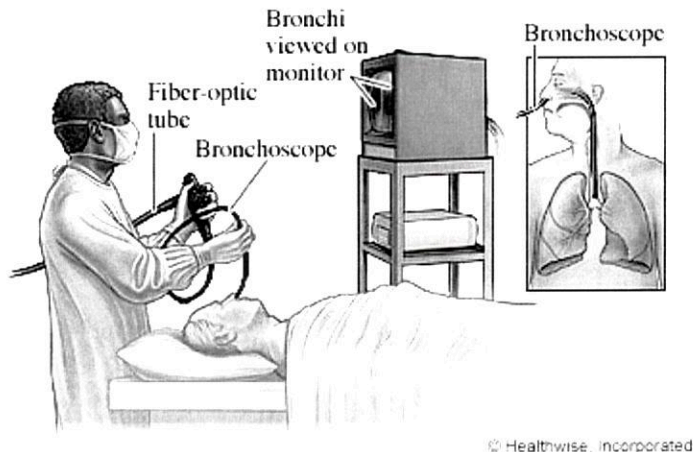


Bronchoscopy: Before Your Procedure

What is bronchoscopy?



Bronchoscopy (say "bron-KOSS-koh-pee") is a type of procedure. Your doctor uses a flexible tube to look at your airway. This tube is called a bronchoscope. It lets your doctor see your throat, voice box (larynx), windpipe (trachea), and bronchial tubes.

There are many reasons to have this procedure. Your doctor may look for problems with your airway. Or he or she may remove an object or growth. Your doctor could also take a sample of tissue to study. This is called a biopsy.

You will probably be awake for the procedure. But you will get medicine so you will not have pain. The doctor puts the bronchoscope into your mouth or nose and down your throat.

Most people go home the same day. You will probably be able to go back to work or your normal routine in 1 or 2 days.

Follow-up care is a key part of your treatment and safety. Be sure to make and go to all appointments, and call your doctor if you are having problems. It's also a good idea to know your test results and keep a list of the medicines you take.

What happens before the procedure?

Procedures can be stressful. This information will help you understand what you can expect. And it will help you safely prepare for your procedure.

Preparing for the procedure

- Understand exactly what procedure is planned, along with the risks, benefits, and other options.
- Tell your doctors ALL the medicines, vitamins, supplements, and herbal remedies you take. Some of these can increase the risk of bleeding or interact with anesthesia.

- If you take blood thinners, such as warfarin (Coumadin), clopidogrel (Plavix), or aspirin, be sure to talk to your doctor. He or she will tell you if you should stop taking these medicines before your procedure. Make sure that you understand exactly what your doctor wants you to do.
- Your doctor will tell you which medicines to take or stop before your procedure. You may need to stop taking certain medicines a week or more before the procedure. So talk to your doctor as soon as you can.
- If you have an advance directive, let your doctor know. It may include a living will and a durable power of attorney for health care. Bring a copy to the hospital. If you don't have one, you may want to prepare one. It lets your doctor and loved ones know your health care wishes. Doctors advise that everyone prepare these papers before any type of surgery or procedure.

What happens on the day of the procedure?

- Follow the instructions exactly about when to stop eating and drinking. If you don't, your procedure may be canceled. If your doctor told you to take your medicines on the day of the procedure, take them with only a sip of water.
- Take a bath or shower before you come in for your procedure. Do not apply lotions, perfumes, deodorants, or nail polish.
- Take off all jewelry and piercings. And take out contact lenses, if you wear them.

At the hospital or surgery center

- Bring a picture ID.
- You will be kept comfortable and safe by your anesthesia provider. The anesthesia may make you sleep. Or it may just numb the area being worked on.
- The procedure will take about 30 to 60 minutes.
- You will be in recovery for 1 to 3 hours after the procedure.

Going home

- Be sure you have someone to drive you home. Anesthesia and pain medicine make it unsafe for you to drive.
- You will be given more specific instructions about recovering from your procedure. They will cover things like diet, wound care, follow-up care, driving, and getting back to your normal routine.

When should you call your doctor?

- You have questions or concerns.
- You don't understand how to prepare for your procedure.
- You become ill before the procedure (such as fever, flu, or a cold).
- You need to reschedule or have changed your mind about having the procedure.

Where can you learn more?

Go to <http://www.healthwise.net/ed>

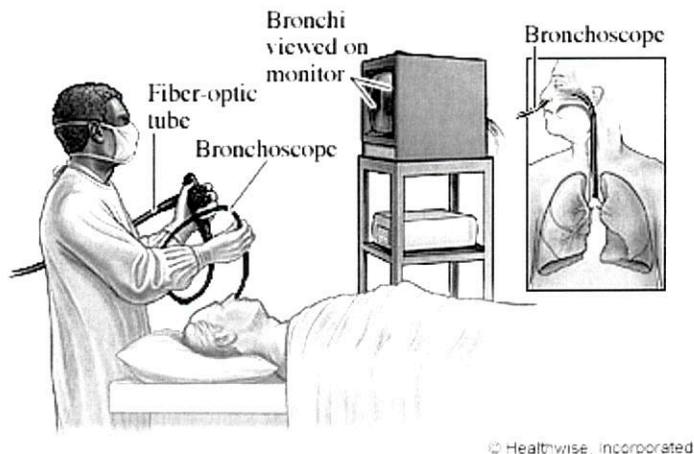
Enter **K372** in the search box to learn more about "**Bronchoscopy: Before Your Procedure.**"

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Bronchoscopy: What to Expect at Home

Your Recovery



Bronchoscopy lets your doctor look at your airway through a tube called a bronchoscope. Afterward, you may feel tired for 1 or 2 days. Your mouth may feel very dry for several hours after the procedure. You may also have a sore throat and a hoarse voice for a few days. Sucking on throat lozenges or gargling with warm salt water may help soothe your sore throat.

If a sample of tissue (biopsy) was taken, you may spit up a small amount of blood or have bloody saliva. This is normal.

This care sheet gives you a general idea about how long it will take for you to recover. But each person recovers at a different pace. Follow the steps below to get better as quickly as possible.

How can you care for yourself at home?

Activity

- Do not eat anything for 2 hours after the procedure.
- Rest when you feel tired. Getting enough sleep will help you recover.
- Avoid strenuous activities, such as bicycle riding, jogging, weight lifting, or aerobic exercise, until your doctor says it is okay.
- Ask your doctor when you can drive again.

Diet

- You can eat your normal diet. If your stomach is upset, try bland, low-fat foods like plain rice, broiled chicken, toast, and yogurt.
- If it is painful to swallow, start out with cold drinks, flavored ice pops, and ice cream. Next, try soft foods like pudding, yogurt, canned or cooked fruit, scrambled eggs, and

mashed potatoes. Avoid eating hard or scratchy foods like chips or raw vegetables. Avoid orange or tomato juice and other acidic foods that can sting the throat.

- Drink plenty of fluids to avoid becoming dehydrated (unless your doctor tells you not to).

Medicines

- Take pain medicines exactly as directed.
 - If the doctor gave you a prescription medicine for pain, take it as prescribed.
 - If you are not taking a prescription pain medicine, ask your doctor if you can take an over-the-counter medicine.
- If you think your pain medicine is making you sick to your stomach:
 - Take your medicine after meals (unless your doctor has told you not to).
 - Ask your doctor for a different pain medicine.
- If your doctor prescribed antibiotics, take them as directed. Do not stop taking them just because you feel better. You need to take the full course of antibiotics.

Follow-up care is a key part of your treatment and safety. Be sure to make and go to all appointments, and call your doctor if you are having problems. It's also a good idea to know your test results and keep a list of the medicines you take.

When should you call for help?

Call 911 anytime you think you may need emergency care. For example, call if:

- You passed out (lost consciousness).
- You have sudden chest pain and shortness of breath.
- You cough up large amounts of bright red blood.
- You have severe pain in your chest.
- You have severe trouble breathing.

Call your doctor now or seek immediate medical care if:

- You cough up more than a few tablespoons of blood.
- You have pain that does not get better after you take pain medicine.
- You have a fever over 100°F.
- You still sound hoarse after a few days.
- You have bubbles under the skin around the collarbone. These may crackle and pop when you press on them.

Watch closely for changes in your health, and be sure to contact your doctor if you have any problems.

Where can you learn more?

Go to <http://www.healthwise.net/ed>

Enter **S288** in the search box to learn more about "**Bronchoscopy: What to Expect at Home.**"

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