

## **SUBURBAN PULMONARY MEDICINE, P.C.**

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### **Bronchoscopy A Patient Guide**

#### **What is a bronchoscopy?**

A bronchoscopy is a test in which a small scope is inserted into your lungs. This scope allows the doctor to look at your lungs and take tissue samples if needed.

#### **Are there any risks?**

There are risks associated with this procedure. You will be asked to sign a consent form. Any questions or concerns should be discussed with the doctor, therapist or nurse at that time. Please inform us if there is a possibility that you may be pregnant.

#### **Why am I having a bronchoscopy done?**

Your doctor may order a bronchoscopy if you:

- Have had an abnormal chest x-ray
- Have been coughing up blood
- Have had difficulty breathing due to a buildup of mucous

#### **What do I need to do before the procedure?**

- You may NOT eat or drink after midnight the night before the test. If you are diabetic, please ask your doctor for instructions.
- Check with your doctor about any routine medications you are taking. You may be able to take them with a sip of water.
- You will need to arrange for transportation after the test as you will be slightly sleepy from the medications.

#### **What should I expect during the procedure?**

- If you are an inpatient, this procedure may be done at the bedside, in the GI lab, or Diagnostic Imaging Department.

- If you are any outpatient, you will report to the Short Procedure Unit. From there you will be taken to the GI Lab where you will change into a hospital gown.

To begin the procedure, an intravenous needle will be placed in your arm to give you medication to relax you. Your pulse, temperature and blood pressure will be taken. You will be given oxygen and your nose and throat will be sprayed with a numbing medication such as Novocaine. You will feel sleepy and the doctor will place the scope through your nose or mouth into your lungs. Your blood pressure and oxygen level will be monitored throughout the procedure.

### **How long does the procedure take?**

A bronchoscopy takes about one hour.

### **What do I need to do after the procedure?**

You will stay in the GI lab for about two hours where your blood pressure and oxygen level will continue to be monitored. You may feel nausea or have a headache from the medication given. You may still be sleepy when discharged and it may be necessary for you to rest at home.

After you go home, you may still feel some nausea or headache. In addition, some patients cough up a small amount of blood or have a mild fever the night after the test. If any of these symptoms are persistent or you are concerned in any way, call the doctor.

Eat lightly for your first meal, then resume your normal diet and medications. Call the doctor in two to three days for test results.

*If you have any questions or do not understand any of these instructions, please ask the doctor or call our office, 610-521-1300.*

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### **BRONCHOSCOPY CHECK LIST**

Patient's Name \_\_\_\_\_

Date of Procedure \_\_\_\_\_ Time of Procedure \_\_\_\_\_

Hospital \_\_\_\_\_ Doctor \_\_\_\_\_

#### **INSTRUCTIONS:**

Report to the Hospital's Short Procedure Unit **ONE HOUR** prior to the procedure. Bring list of your medications and dosages with you to the hospital.

#### **DIET:**

- Nothing to eat or drink after midnight the night before the procedure.
- Clear liquid breakfast, (i.e. tea, water, apple juice) before 7:00 AM, then nothing to eat or drink after that time.

#### **BLOOD THINNERS:**

- Stop ALL blood thinners until further notice! This includes Aspirin, Plavix, Coumadin, etc.

#### **INSURANCE:**

- Please check with your insurance company regarding any co-pay due at the time of the procedure.
- Please check with your insurance company if a referral is needed for the procedure. If so, it is your responsibility to bring it with you on the day of the procedure. Our office will obtain any necessary pre-certification for the procedure.

#### **TRANSPORTATION:**

- You are not allowed to drive yourself to or from the procedure. Please arrange for a responsible driver for the day of your procedure. NO EXCEPTIONS will be made.

#### **RESULTS/FOLLOW-UP:**

- The doctor will discuss results after the procedure and arrange follow-up either in the office or over the phone. Please call our office with any questions or concerns you may have.