

- Do not drink alcohol or take any sedatives or sleeping pills for 24 hours.
- Do not make any major decisions or sign any legal papers for 24 hours.

***Discharge information following a Bronchoscopy procedure.***

- You may resume your normal diet unless your doctor orders otherwise.
- You may have a sore throat or a hoarse voice. These are normal symptoms and will pass in 1-2 days.

***What types of symptoms should I report to my doctor?***

- Shortness of breath.
- Chest pain.
- Coughing of blood (more than 1 tablespoon).
- Fever.

**If you experience any of the above symptoms, notify your doctor immediately.**

**Appointment date:** \_\_\_\_\_



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Burnaby  
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***Patient Information:  
Bronchoscopy***

## ***What is a Bronchoscopy?***

A bronchoscopy is an examination of the lungs to determine pulmonary dysfunction.

## ***How is the exam done?***

A small flexible scope which has a light on the end, is passed through the nose or mouth into the lungs.

## ***How long will the exam take?***

The exam will take approximately 30 minutes.

## ***How should I prepare for the examination?***

- Nothing to eat or drink starting at midnight the day before the exam.
- You will be asked to sign a consent form.

## ***What do I do the day of the examination?***

- Report to the Admitting Department at Burnaby Hospital before the procedure. Your doctor will let you know how early you should arrive.
- After registration, you will be directed to the Endoscopy Department where you will be received by a team of endoscopy nurses, who will be with you throughout the procedure.

## ***What can I expect to happen during the examination?***

- You will have an intravenous (I.V.) or heparin-lock placed in your arm. You may be given an injection approximately 1/2 hour before the test. This will make you drowsy and will make your mouth dry; it will also help you to relax. Not all physicians give a premedication.

- You will be taken into the procedure room by stretcher and will have a blood pressure cuff placed on your arm, a monitor on your finger and an oxygen mask placed on your face. Depending on your doctor's decision, you may be given an injection which may put you into a very light sleep. This injection will help you to relax.
- The nurse may spray your throat with a local anaesthetic, depending on your doctor.
- The doctor will have you swallow a soft flexible tube through your nose/mouth into the lungs (you will be unable to talk until the tube is removed).
- During this time, the doctor may take biopsies and/or specimens of whatever is necessary.

## ***What can I expect when the test is over?***

- You will be taken to a recovery room where you will be taken care of by a nurse. Your blood pressure, pulse and respirations will be monitored. After two hours you will be sufficiently recovered to return home. **You must not drive.**
- You may feel some discomfort in the back of your throat when the examination has been completed.
- Do not eat or drink anything for 2 hours after the procedure. The nurse will check to make sure that you are able to swallow before allowing you to eat or drink anything.

## ***What precautions should I take after receiving sedative medication?***

You have received medication for sedation or pain relief. It is important that you are aware of the effects of the medication.

- You must not drive any vehicles or operate any hazardous machinery for 24 hours or as directed by your doctor.
- Be cautious as your balance and memory may be affected by the medication.