

Having a Bronchoscopy

Information for Patients

Patient Name	
Place	Department B57, Zone B
Appointment date	
Arrival time	

Every effort will be made to see you punctually, but for a number of reasons it may not be possible for you to be seen at precisely the time stated.



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Introduction

This booklet is designed to be practical and informative. Please read **all** of the information contained within it. Not doing so may mean that you miss important instructions and that will put you at risk. Therefore the doctor may decide to defer your investigation.

If you have any questions regarding the information or instructions in this booklet, please do not hesitate to call the Endoscopy Department and a member of the nursing staff will be only too pleased to help you.

The number to call regarding **information for the procedure** is:

01225 824070

Or

01225 824069

If you cannot accept your appointment date it is important that you telephone the respiratory department as soon as possible so that your date may be offered to another patient.

The number to call to contact the **Respiratory Department** if you wish to **re-arrange your appointment** is:

01225 825408



What is a bronchoscopy?

A bronchoscopy is an examination of the major air passages of the lungs. The doctor will insert a bronchoscope (a flexible tube the width of a pencil with a bright light at the end) through your nose or mouth and into your windpipe (trachea) and large airways

Why has my doctor recommended bronchoscopy?

A bronchoscopy is the only test that allows the doctor to view the lung's airways directly to assess what may be the cause of the symptoms that you have been experiencing. During this test the doctor can take a small sample of tissue – a 'biopsy'. The tissue is removed painlessly through the bronchoscope using tiny forceps. They may also take a sample washing from the lungs. These will be sent for analysis.

Are there any risks to the test?

This is generally a very safe and well tolerated procedure. However, there are some risks associated with a bronchoscopy. These include:

- Sore throat
- Minor nose bleed (if the bronchoscope is passed through the nose)
- Hoarse voice
- Bleeding, especially following a biopsy is quite common and usually settles within 24 hours. If it continues or increases please contact your GP or the Emergency Department
- Infection is an uncommon side effect and can be treated with antibiotics
- Low grade temperature can occur and generally only lasts 2-3 hours. It can rarely last longer than this and if it persists for more than 48 hours please contact your GP as this may indicate an infection that requires antibiotics. Taking Paracetamol will also help this to settle
- Vocal cord damage can rarely occur

Other complications may be as a result of the sedative drugs used and if the bronchoscope is passed through the mouth, there is a slight risk of damage to crowned teeth or dental bridgework.

Are there any alternatives to this test?

A CT scan is often done in conjunction with a bronchoscopy and can look for abnormalities that may be causing your symptoms, but a bronchoscopy is the only test that can look at the air passages directly and allow doctors to take a sample from inside the lung.

Prior to admission

If you are suffering from a cold, sore throat or chest infection, you should contact your GP or the Respiratory Department because it may be necessary to postpone your test.

Eating and drinking prior to bronchoscopy

It is important that you do not have **anything** to eat for **4 hours** before your appointment, but **clear fluids** can be taken up to **2 hours** before the procedure. You do not need to bring pyjamas or nightwear.

Do not drive yourself Please arrange to be accompanied by family or friends when you come, then they will know where to collect you when it is time to leave.

You must have a responsible adult to accompany you home from the department and to **stay with you for 24 hours**. If this is not possible please contact the Respiratory Department as you may need to be admitted to hospital to stay overnight after your procedure.

Do not attempt to drive after the bronchoscopy.

Do not attempt to sign important or legally-binding documents during the 24 hours after the procedure.

Do not bring valuables or large quantities of money into hospital, as we cannot accept responsibility for them.

Are you diabetic? Are you taking Warfarin or other anticoagulant (blood thinning) medication?

Please contact the Respiratory Department as soon as possible if this has not already been discussed with you; warfarin may need to be stopped prior to the bronchoscopy.

We also need to know if you take any of the following medications:

- Phenindione
- Clopidogrel (Plavix)
- Prasugrel
- Dabigatran
- Rivaroxaban
- Apixaban
- Ticagrelor

- Dalteparin
- Aspirin
- Edoxaban

Please phone 01225 825408 between Monday and Friday 08:00-16:00 if you are diabetic or take any of the tablets listed.

Where are we?

The endoscopy unit is situated in Zone B, department B57, on the 2nd Floor of the Royal United Hospital.

Parking

If you intend to be driven to the hospital, parking may be quite difficult when you arrive. Please be prepared to wait at least half an hour for a space and allow for this when setting out for your appointment. If you are short of breath and unable to walk long distances, please use the drop off zone at the main entrance. You can wait inside for your driver to rejoin you after they have parked.

Should I take my medicines as normal?

If you take essential prescribed medication, for example, for epilepsy or a heart condition, you may take these with a **little** water. If you are a diabetic, we advise that you telephone the department and inform them of what medicine you take and a trained nurse will be able to advise you on how best to take your medication.

What should I expect?

- On arrival at the unit, report to the reception desk. One of the reception staff will check your details and ask you to take a seat in the waiting room.
- A nurse will collect you from the waiting room and take you to the ward area. Here he/she will check your details and discharge arrangements.
- It is department policy that your family or friends do not accompany you to the ward area as it is a theatre environment. They will be called to the area when you are ready to leave.
- A nurse will discuss the procedure with you. If you have any questions, please ask, we want you to be as relaxed as possible.
- It is necessary to remove any false teeth. This can be done in the examination room, immediately before the procedure. They will be kept safe until you are fully alert.
- The ward is a mixed sex area; however, the staff are committed to ensuring your privacy at all times.



Is the procedure painful?

The procedure should not be painful. However, you may experience discomfort as the tube touches the back of your throat. You may cough at times during the examination but you should not feel unduly uncomfortable.

There are 3 ways that the test can be made as comfortable as possible for you:

- Local anaesthetic spray to the back of the throat and local anaesthetic jelly into your nose, numbs the area and makes it easier to pass the tube
- A mild sedative injection into a vein makes you feel relaxed and you may feel sleepy.
- Sometimes an injection into the vein to reduce your coughing is also used.

Sedation (relaxing injection)

A small needle will be placed in the back of your hand and the sedation will be injected through it.

Sedation may make you drowsy and you may not remember the procedure. However sedation is not a general anaesthetic, you may be aware of what is going on during the procedure and verbal contact is maintained i.e. you are awake.

Your thinking processes and movements will temporarily, be slower than usual; how rapidly this returns to normal varies from person to person.

During the test

- A nurse will escort you to the examination room. Here you will meet the doctor and 2 nurses who will remain with you throughout the test.
- It is necessary to sit upright. When you are comfortable, local anaesthetic will be sprayed onto your throat and a sedative injection is given. You will also have local anaesthetic jelly in your nose if the bronchoscope is passed through your nostril.
- When the doctor passes the bronchoscope, it is important to remain calm. It should not cause you pain, nor will it interfere with your breathing.
- If the bronchoscope is to be passed through your mouth a plastic mouthpiece will be placed gently between your teeth to keep your mouth slightly open.
- It may take up to 15-20 minutes to examine the lungs carefully.
- If you get a lot of saliva in your mouth, the nurse will clear it using a slim suction tube.

- When the examination is finished the tube is removed quickly and easily. You will be taken back to the ward on the trolley to recover where a nurse is always present.

When can I go home?

You will stay in the department for approximately 1 hour following the procedure. We prefer that you remain with us until you are fully alert to ensure that the effects of the sedation have worn off.

As your throat has been sprayed with local anaesthetic, you will have to wait until the effects of the spray have worn off before you have anything to eat or drink, approximately half an hour.

The full bronchoscopy results will not be available on the day of the procedure as samples sent to the laboratory need to be analysed.

The department closes at 5.00pm.

How will I feel after the test?

We advise that you do not go to work on the day of the test.

- The effects of the sedation will wear off over 24 hours. You will then be able to resume normal activities.
- Your throat may feel a bit sore for the rest of the day, it will settle without treatment
- You may cough a small amount of blood as the lining of the lung is very sensitive. It will soon settle and does not require any treatment or medication.

When you get home it is important to rest quietly for the remainder for the day, with someone to look after you for 24 hours if you have been sedated.

What should I do when I get home?

Because of sedation, for the next **24 hours** you **must not**:

- Drive any motor vehicle. This is a legal requirement not advice. Our advice is that you should not actually drive for 48 hours.
- Operate machinery
- Drink any alcohol
- Sign legally binding agreements
- Care for children or relatives.



When will I know the results?

A report will be sent to your GP. Further details of the test, results of any biopsies and any necessary treatments or medications will be discussed at your next outpatient appointment.

The consent form

The consent form gives the doctor and the hospital a formal indication that you are agreeing to undergo the treatment being offered as stated in the form. It is valuable to you as it offers a written check on what you are agreeing to by signing.

If you are unclear and have any questions, then do not sign the form until they have been answered. The endoscopy staff will be happy to answer any questions you might have. Alternatively you can speak to the doctor performing the test.

Doctors training in Bronchoscopy

Training doctors is essential to improving the quality of care. All our trainees are in a structured training programme, and are all experienced doctors. Your treatment may provide an opportunity for such training under the supervision of a senior doctor. You may decline to be involved in this training without adversely affecting your care and treatment. If you wish to let us know you are not happy to have a supervised trainee perform your procedure please inform your nurse during the consenting process.

What if I change my mind?

You are quite within your rights to change your mind. If having read this leaflet you have decided not to go ahead with the test, please telephone the Respiratory Department on 01225 8225408 between Monday and Friday 08.00-16.00, and discuss your decision with your GP.



Please complete the following health questionnaire

Do you consider yourself fit and well? Has there been any recent change in your health since your last out-patient appointment?

Do you have or have you ever had any of the following problems. Please give details.

Heart problems	<input type="checkbox"/> NO	<input type="checkbox"/> YES	If yes, please provide details
Breathing Problems	<input type="checkbox"/> NO	<input type="checkbox"/> YES	If yes, please provide details
Diabetes	<input type="checkbox"/> NO	<input type="checkbox"/> YES	If yes, please provide details
Seizures	<input type="checkbox"/> NO	<input type="checkbox"/> YES	If yes, please provide details
High Blood Pressure	<input type="checkbox"/> NO	<input type="checkbox"/> YES	If yes, please provide details
Stroke	<input type="checkbox"/> NO	<input type="checkbox"/> YES	If yes, please provide details
Glaucoma	<input type="checkbox"/> NO	<input type="checkbox"/> YES	If yes, please provide details
Arthritis	<input type="checkbox"/> NO	<input type="checkbox"/> YES	If yes, please provide details
Are you allergic to anything?	<input type="checkbox"/> NO	<input type="checkbox"/> YES	
If yes, please provide details			
Have you ever been told that you are at risk of CJD or vCJD for public health purposes?	<input type="checkbox"/> NO	<input type="checkbox"/> YES	
If 'yes' please call 01225 821425 or 01225 821788 and talk to our nursing staff			
Are you taking any regular medication?	<input type="checkbox"/> NO	<input type="checkbox"/> YES	
If yes, please provide details			
Who is collecting you?			
Please give a contact telephone number:			
Who is at home with you for 24 hours after the test?			



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Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to feedback your experience of the hospital. Email ruh-tr.pals@nhs.net or telephone 01225 825656 / 826319