

Please ask a member of staff if you would like a chaperone present during your procedure.

There may be students and observers present during your consultation as part of their ongoing training. Please let the staff know if you do not wish any students to be present during your attendance.

What is a Bronchoscopy?

Lung unit

Patient information

If you need this leaflet in a different language or accessible format please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie, proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil, vă rog să discutați cu un membru al personalului să se ocupe de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك. إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق

Ormskirk Hospital
Wigan Road, Ormskirk, L39 2AZ
Telephone: 01695 577 111

Southport Hospital
Town Lane, Kew,
Southport, PR8 6PN
Telephone: 01704 547 471

Your doctor has requested a bronchoscopy to help find the cause of your problems and assist in planning your treatment. If you are concerned about your bronchoscopy, please do not hesitate to speak to your referring doctor.

This leaflet answers frequently asked questions regarding this procedure which is called a 'flexible bronchoscopy', but if you do not understand this information, please do not hesitate to contact the lung specialist nurses.

What is a bronchoscopy?

Bronchoscopy is a procedure which enables the doctor to see inside your lungs, into the bronchial tubes. Unlike x-rays, which take 'photographs' of the lung, bronchoscopy lets the doctor see inside the air passages within your lungs, an area not clearly shown on x-rays. It also allows specimens to be taken for examination. Bronchoscopy can assist in making a diagnosis and inform future management.

Contact information if you are worried about your condition after you have left hospital:

Lung specialist nurses
Southport Hospital
Telephone: 01704 704 653 or 01704 705 161

Other useful telephone numbers/contacts:

- NHS 111
- Smoke Free Sefton: 0300 100 1000
- Quit Squad (West Lancs): 0800 328 6297
- Asthma and Lung UK: 0300 222 5800

Appointments department

Telephone: 01695 656 680

Special instructions for after you have left the hospital premises

It is essential that someone can take you home and if you live alone try to arrange for someone to stay overnight with you, otherwise we will need to organise an overnight stay in hospital. Once you are back home, rest quietly for the remainder of the day.

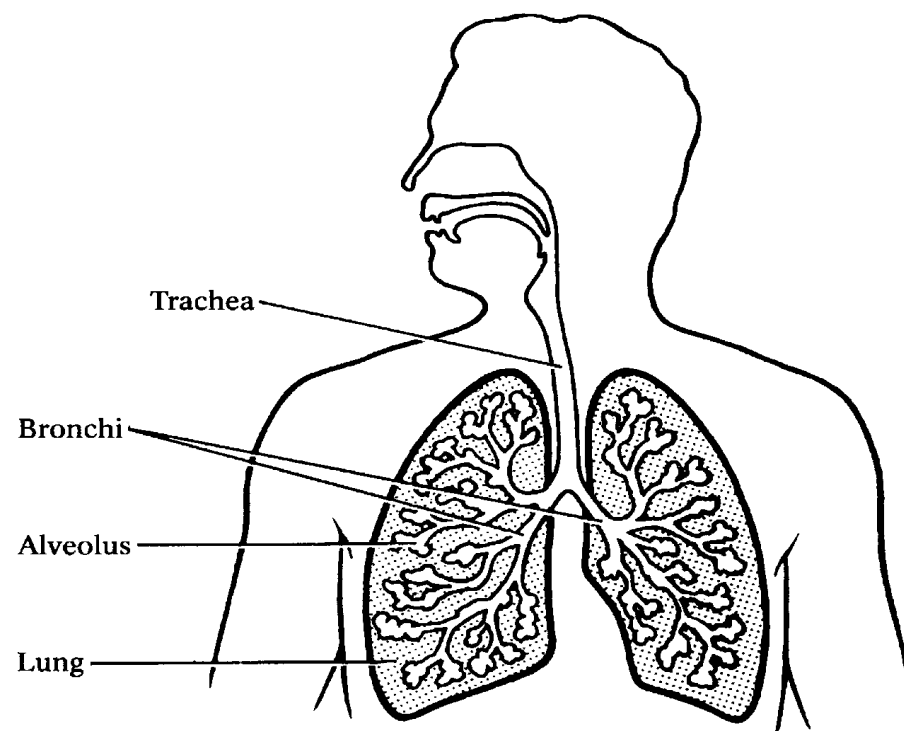
The sedation lasts longer than you think, therefore, you should not drive a car, return to work, operate any machinery or drink alcohol for twenty four hours after the bronchoscopy.

Any condition specific danger signals to look out for:

Common side effects include a cough, small amount of blood from the nostril or on coughing, a sore throat or a hoarse voice for up to a few days following the bronchoscopy.

Less common side effects may be due to the sedation, which can affect the breathing or cause excessive sleepiness. This may require admission to hospital for observation.

Occasionally people having had a biopsy from the lung can have a small amount of air leak from the lung. This may require admission to hospital for observation and possibly removal of the leaked air using a special tube.



Why is a bronchoscopy necessary?

Your doctor will usually request a bronchoscopy when they suspect something is wrong with your airways and lungs. A persistent cough, coughing up blood or an abnormality on chest x-rays are the most common reasons. The results will help your doctor determine what is wrong and to help you in the most effective way.

Preparation for your bronchoscopy

You will come to either the Endoscopy Unit at Ormskirk Hospital or Ward 14B at Southport Hospital on the day of your test. If you normally take any medication, it is important to arrange when to take them on the day of your test.

If you take any of the following medication it must be stopped 3 days prior to the procedure, unless advised otherwise

Aspirin
Apixaban
Edoxapan
Rivaroxaban
Dabigatran

Warfarin needs to be stopped for 5 days prior to the procedure

Clopidogrel, Prasugrel and Ticagrelor will need to be stopped 7 days prior to the procedure

This list is not exhaustive, so please discuss with your Doctor if you are on any other blood thinning medication.

During your time in hospital, it is important to us that you are happy with your care and treatment. Please speak to a member of staff and/or the ward/department sister/charge nurse if you have any questions or concerns.

Matron

A matron is also available during the hours of 9am - 5pm, Monday to Friday. During these periods, ward/department staff can contact the matron to arrange to meet with you.

Out of hours, a senior nurse can be contacted via the ward/department to deal with any concerns you may have.

Infection control request

Preventing infections is a crucial part of our patients' care. To ensure that our standards remain high, our staff have regular infection prevention and control training and their practice is monitored in the workplace.

We ask patients and visitors to assist us in preventing infections, by cleaning their hands at regular intervals and informing staff of areas within the hospital that appear soiled.

As a patient there may be times that you are unsure whether a staff member has cleaned their hands; if in doubt please ask the staff member and they will be only too happy to put your mind at ease by cleaning their hands so that you can see them.

It takes 7-10 days for all the specimens/samples to be checked in the laboratory, so your doctor will not be able to give you an accurate diagnosis on the day of the bronchoscopy.

An appointment will be arranged with the doctor for you to discuss the results.

Patients are encouraged to bring a relative/friend with them to the results clinic.

This patient information leaflet is intended to be used to support discussions during your clinical consultation. If there is anything you do not understand or are unsure about, please ask the doctor at your appointment or contact the lung nurses.

Sources of information

Further information may be obtained from:

Asthma and Lung UK

Telephone number:
0300 222 5800

www.asthmaandlung.org.uk

Patients on warfarin may be given heparin injections in its place. No injection will be given 24 hours before the procedure. Warfarin will be restarted following the procedure. This will be advised by the doctor who has seen you. If you are an insulin dependent diabetic, special arrangements may need to be made.

Please check with your nurse or doctor. It is important that you do not eat or drink before the bronchoscopy and a time will be stated on your appointment letter.

What happens when I arrive?

On admission to the ward, the nursing staff will ask you a series of questions to ensure you are prepared for your procedure. At this time you will have the opportunity to resolve any further concerns.

A doctor/nurse will have explained the procedure to you and will ask you to sign a consent form. This is to make sure you understand the procedure and its implications. If you have any worries or questions, do not be afraid to ask for more information.

Complications and risks

Common side effects include a cough, a small amount of blood from the nostril or on coughing, a sore throat or a hoarse voice for up to a few days following the bronchoscopy. Less common side effects may be due to the sedation, which can affect the breathing or cause excessive sleepiness. This may require admission to hospital for observation.

Occasionally people having had a biopsy from the lung, can have a small amount of air leak from the lung. This may require admission to hospital for observation and possibly removal of the leaked air using a special tube.

What happens during your bronchoscopy

You will be escorted into the endoscopy room where you will be given a local anaesthetic spray to your nose and throat (a bitter taste). This numbs the nose and throat, reducing any discomfort during the bronchoscopy.

You will also be given a sedative injection into a vein in your arm or hand, but you will not be completely 'sent to sleep' as you might for a major operation. Your pulse and blood oxygen levels will be monitored and you will be given oxygen during the procedure.

The bronchoscopy itself is a flexible plastic tube, thinner than an ordinary lead pencil. It is made from special glass fibres and has a camera at the tip, which carries the picture to the viewing lens.

A local anaesthetic is used during the procedure and may be given by injection into the throat area. The tube is then passed gently through a nostril or your mouth and guided into the windpipe at the back of the throat. The test usually takes about twenty minutes in all.

After your bronchoscopy

The numbness of the throat from the local anaesthetic usually takes one hour to wear off, during which time you should not have anything to eat or drink as it may go down the wrong way. You will be kept under nursing supervision during this time.

You may have a slight nosebleed and may find streaks of blood in your phlegm. This is nothing to worry about and will usually pass within the next twenty four hours.

Any cough, soreness in the throat, or a hoarse voice will also ease within a day or so.

Going home

It is necessary to arrange for someone to take you home after the procedure as the sedative you are given for the bronchoscopy will make it unsafe for you to drive or travel alone on public transport.

Try to arrange for someone to stay overnight with you.

Otherwise we will need to organise an overnight stay in hospital. Once you are back home, rest quietly for the remainder of the day.

You should not return to work, operate any machinery or drink alcohol for twenty four hours after the bronchoscopy.