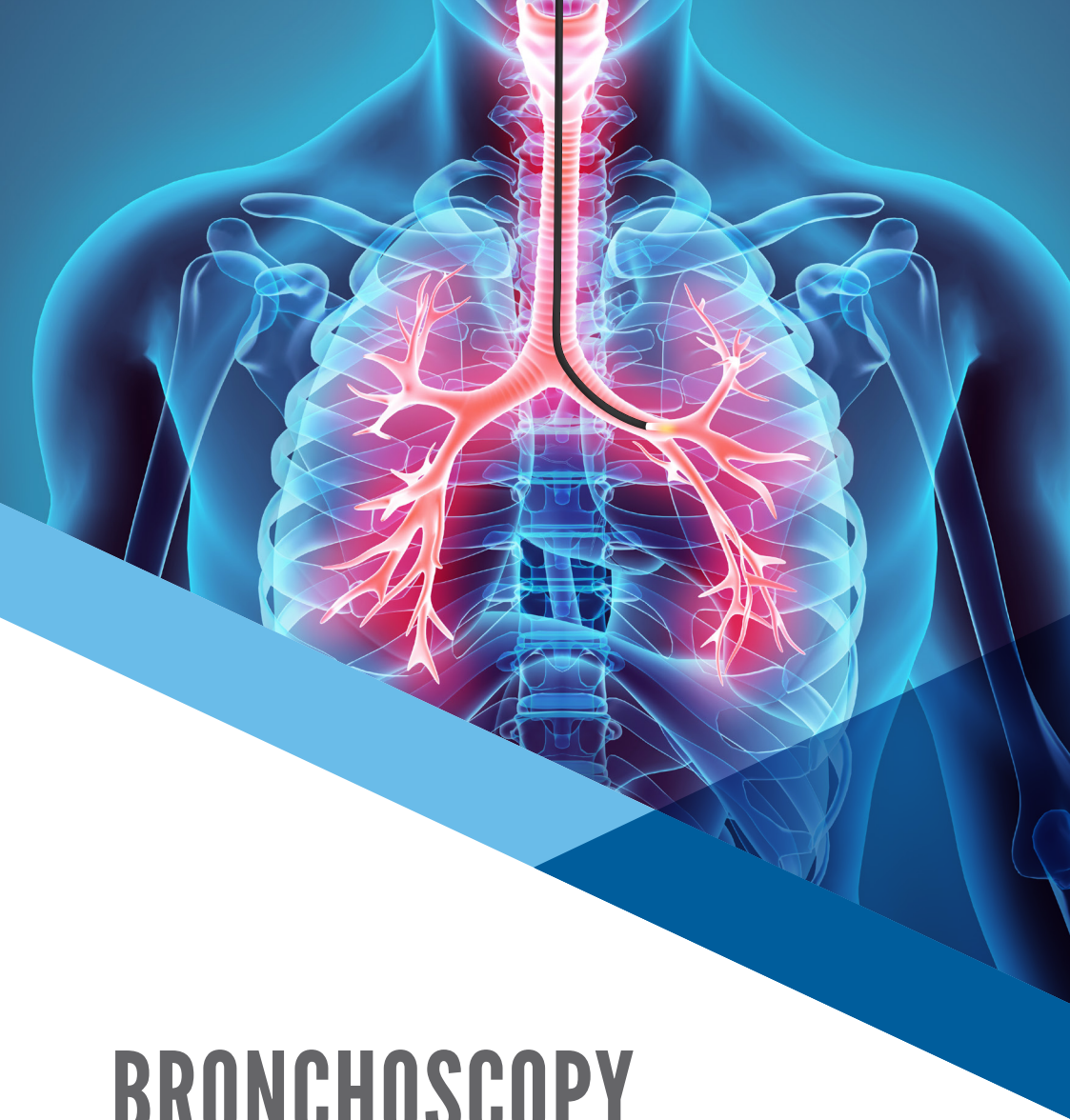




BRONCHOSCOPY

ESSENTIAL INFORMATION FOR PATIENTS



Beacon Hospital
ENDOSCOPY

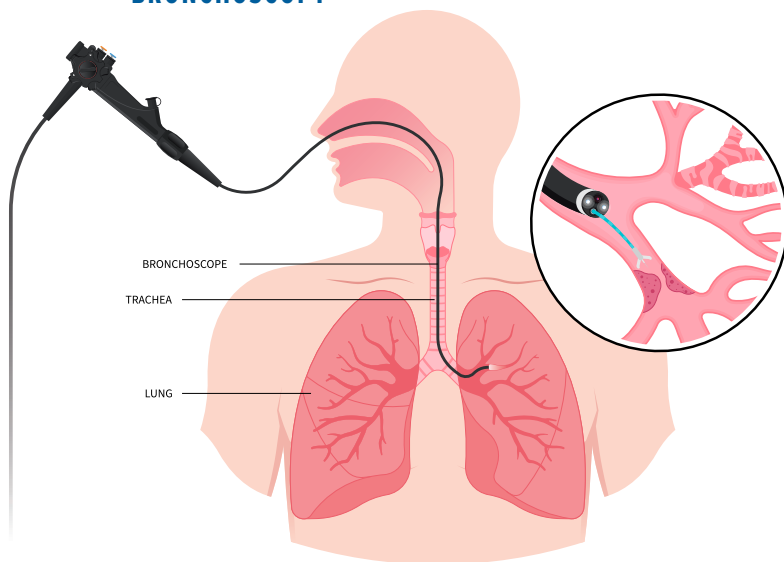
BRONCHOSCOPY

ESSENTIAL INFORMATION FOR PATIENTS

What Is A Bronchoscopy?

A bronchoscopy is a procedure that allows the doctor to look at the larynx, trachea and bronchial airways of the lungs. It is performed using a narrow flexible tube (bronchoscope) with a camera and a light at the end to allow the doctor to see. The procedure lasts for approximately 20 minutes and is not painful, but can feel a little uncomfortable.

BRONCHOSCOPY



Getting Ready For The Procedure

You will need to fast for 6 hours prior to having the procedure to ensure your stomach is empty. You can drink water up to 2 hours before the procedure time.

Medication

Regular medication with the exception of those listed below can be taken on the morning of the procedure. Please take your regular medication at least 3 hours before your appointment time with water only.

- If you are **diabetic** you will require specific instructions from the endoscopy nurses, if you have not received this please call the endoscopy Unit on 01 650 4617.
- If you are prescribed any of the following medication please call the endoscopy unit for advice on 01 650 4617
 - Aspirin, Warfarin, Clopidrogel, (Plavix), Rivaroxaban (Xaralto), Dabigatran (Pradaxa), Apixaban (Eliquis)
- If you use a GTN spray for angina – please bring this with you.
- If you are asthmatic – please bring your inhalers with you.
- Please bring a list detailing your regular medications. If you are in doubt, please contact your GP or local pharmacy to provide the list.
- It is important to seek advice and guidance from a Doctor or a nurse before stopping any medications. If you take Warfarin or Plavix, please contact the Endoscopy Department at least one week prior to your procedure so we can advise.

Sedation

1. **Intravenous Sedation also known as Conscious Sedation**
You will be given an intravenous injection into a vein to make you feel relaxed and sleepy but not unconscious (**this is not a general anaesthetic**).
 - You will need to stay in the unit whilst you recover which may take up to two hours or more.
 - Sedation has an amnesia effect therefore you may not remember the procedure after.
 - The injection may continue to have a mild sedative effect for up to 24 hours. Which can cause drowsiness and unsteady gait.
 - You must arrange someone to escort you home and stay with you for 12 hours after the procedure.
 - **If you do not have an escort home then your procedure will be cancelled.**

2. No sedation and local anaesthetic throat spray (Only with Consultant agreement)

If you choose to have this option you will be given a spray to the back of your throat.

- This will numb and suppress your gag reflex to reduce any discomfort.
- The numbness will last for about half an hour after the procedure. You can eat and drink once the numbness has worn off.
- You can drive after a local anaesthetic and you will not need an escort home.
- You will be fully aware of the procedure which most patients find acceptable.

On Arrival

- On arrival at the hospital, go to the Endoscopy reception area on the second floor.
- The receptionist will take some information regarding your personal contact details.
- You will be admitted to the unit by a nurse who will ask information regarding your health history.
- You will be given a hospital gown.
- A small tube called a cannula will be put into a vein.
- Once the admission assessment is completed by the nurse, you will be brought to a seated waiting area, where the nurse from the procedure room will collect you.
- Please bring a dressing gown and slippers with you. Please do not bring any valuables, including jewellery or money into hospital with you.

Consent

Before a Doctor completes your procedure, they will need to gain your consent. The Doctor will discuss the procedure and the risks involved. Any questions or concerns should be raised at this time. You will then be asked to sign the consent form. If you later change your mind, you are entitled to withdraw consent even after signing the document.

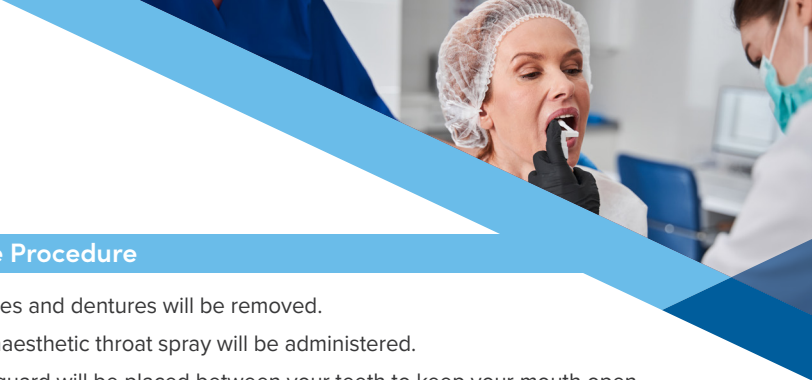
- Please read this patient information leaflet, prior to signing your consent form.
- Please read the consent form in full, prior to your procedure.

During The Procedure

- Any glasses and dentures will be removed.
- A local anaesthetic throat spray will be administered.
- A mouth guard will be placed between your teeth to keep your mouth open slightly. This will protect your teeth and stop you from biting the endoscope.
- You will be given oxygen through your nose.
- Monitoring equipment will be placed on your finger and on your arm to monitor your vital signs.
- Sedation will be administered through your cannula at this point.
- The doctor will pass the bronchoscope gently in through your nose or mouth and then down into your airways and your lungs. It is not painful but may cause you to cough.
- Sometimes routine small samples are taken (biopsies), these are about the size of a pin head and are not painful.
- Sometimes the doctor will take a sample of cells by flushing the airways with a sterile salt solution or gently brushing the airways.
- You can breathe normally throughout the whole procedure.

After The Procedure

- You will be brought to the Endoscopy recovery area, on your bed.
- Your vital signs will be monitored by the nursing staff.
- You will be recovered here for approx. 30 mins.
- Once you are alert and the sedation has worn off, you will be assisted to dress.
- You will be escorted by a nurse to a chair in the Endoscopy discharge lounge. Here you will be given light diet and fluids when appropriate.
- You may have a mild sore nose and throat, for a day or so after your procedure, but this will pass.
- You may continue to cough post procedure or have a hoarse voice for a few days – again this will pass.
- It is the decision of the consultant performing the test if he/she will see you immediately following the test or if an appointment will be made in the outpatient rooms. This appointment will be made by the consultant's secretary.



- A nurse will speak to you about the outcome of the procedure and explain the report.
- You will be given instructions before discharge and a number to contact the unit and an out of hours contact number.
- Your escort should collect you from the Endoscopy Discharge area also located on the 2nd floor.
- Your cannula will be removed from your hand or arm once you have had something to eat, and are not experiencing any side effects from the procedure or medications.
- Any biopsies or washings taken are sent to the laboratory for analysis to assist the doctor in diagnosis.
- We will send a copy of the bronchoscopy report to your GP and any lab results should follow within 3-4 weeks.
- Any advice or recommended further tests will be given upon discharge.

Potential Risks

- **Drug Reaction:**
The sedation used for the procedure is safe with only a very slight risk of reaction. Your heart rate and blood pressure will be monitored at all times, by a nurse and the Consultant throughout your procedure.
- **Bleeding:**
If a biopsy is taken during the procedure, this will be removed, which may result in some bleeding. This bleeding can often be stopped straight away but may occasionally be more serious or may even occur a few days later. It is not unusual to cough up small amounts of blood for 12-24 hours after the test.
- **Dental Work**
There is a slight risk of damage to loose teeth, dental bridgework or crowns. Please tell the nurse and consultant if you have had any dental work before your procedure.
- **Pneumothorax:**
When a sample is taken from deep in the lung (known as 'transbronchial biopsy'), there is a risk of the lung collapsing. A collapsed lung occurs when air escapes from the lung and fills up the space outside of the lung, inside the chest, due to a small puncture in the lung. This happens to approximately 1 in 20 people who have a transbronchial biopsy performed (not everyone will require this test).

If you are having this type of biopsy, your doctor will have explained this to you when asking you for your consent for the procedure. If the collapse is minor, nothing will need to be done but you may have to stay in hospital for 24 hours for monitoring. If the lung has to be re-expanded because you are breathless, a tube will be placed into the space between the lung and the chest wall to allow the air to escape. You will then need to stay in hospital for a few days while the lung heals.

- **Infection:**

There is a small risk of developing a chest infection, which occurs in fewer than 5 in 100 people.

- **Missed Pathology:**

It is important to remember that no test is perfect and even with complete examination, a significant disease may be missed in up to 20% of cases.

Frequently Asked Questions

- ▶ **The symptoms have stopped before my bronchoscopy, should I still come for the test?**

Yes. It is important that you still come for the test.

- ▶ **Does the procedure hurt?**

You may feel some discomfort but these exams are not painful.

- ▶ **Can I drive after the procedure?**

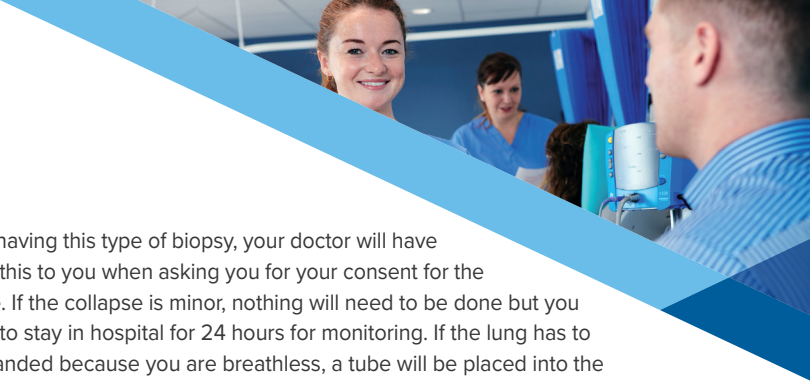
No, you may not drive for 24 hours post sedation. You must have organised an escort home for the day of the procedure. You will not be permitted to leave the department unaccompanied.

- ▶ **How long will my length of stay be in the hospital?**

From registration to discharge we aim for your length of stay to be 4 hours or less.

- ▶ **Can I cancel/reschedule my procedure?**

Our Endoscopy Department clinics are extremely busy and fully booked. If you need to cancel or reschedule your appointment we ask you do so at least four days in advance by contacting our scheduling team on 01 293 8656. This way, we may be able to offer your slot to another patient waiting on an appointment.





Beacon Hospital



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