



What is a Bronchoscopy?

A bronchoscopy is a technique to look directly at the windpipe (trachea) and the branches of the airways (bronchi) in the lung. The bronchoscope is a thin, flexible tube with a light at the end which is passed either through the mouth or nose. This allows us to look at the airways directly and take samples if required. A video recording and /or photographs may be taken for your records.

Important things to note before your Bronchoscopy Procedure

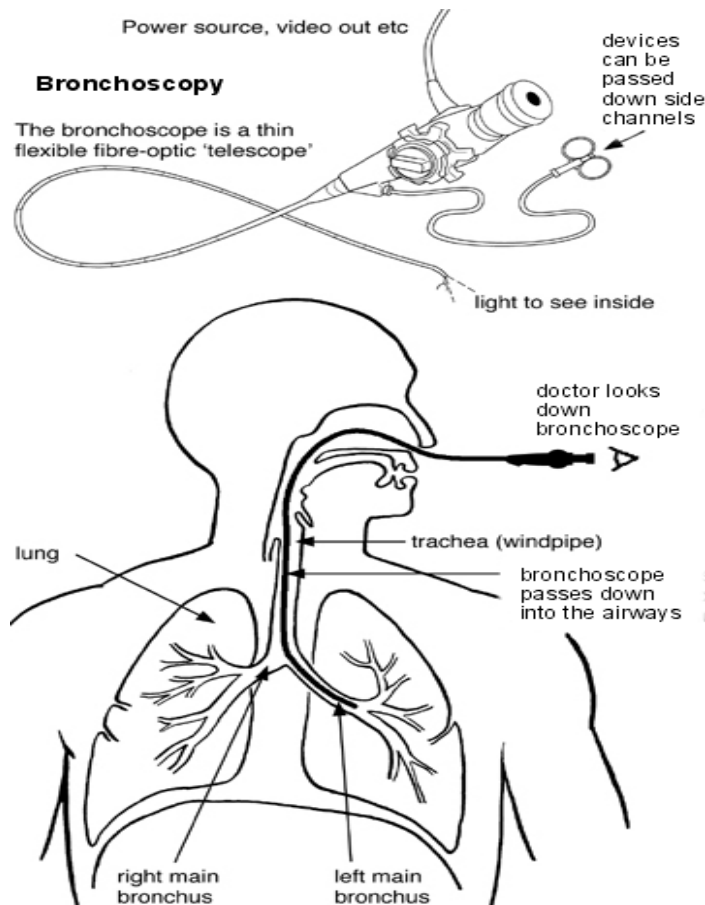
- ☐ Read this leaflet carefully.
- ☐ You **must not** eat anything for **6 hours** before your procedure.
 - ☐ You may drink clear fluids (i.e. water) up to **2 hours** before the procedure.
- ☐ Bring your medications list.
- ☐ If you think you are taking blood thinning medication (e.g. warfarin, clopidogrel, apixaban or similar) please read the advice in this leaflet and **contact the unit** before your procedure
- ☐ You will need someone to take you home and supervise you **for 24 hours** after the procedure.
- ☐ You **must not** drive, work, sign legal documents or supervise young children for 24 hours after the procedure.

If you need this leaflet in another language please contact 01214242000

اگر آپ کو یہ کتابچہ کسی اور زبان میں درکار ہے تو براہ کرم 0121 424 2000 پر رابطہ کریں (Urdu)

(Arabic) إذا كنت بحاجة إلى هذه النشرة بلغة أخرى، فيرجى الاتصال بالرقم

0121 424 2000



Why do I need a bronchoscopy?

Your doctor will explain to you why you need this procedure however these are some of the common reasons:

- Coughing up blood
- Chest infections and ongoing cough
- Abnormal scan or chest x-ray

Are there any alternatives?

Your doctor will talk through other options for you including breathing tests and other imaging of your lungs. Bronchoscopy, however, is a helpful test to do when these other investigations have not given us the answers.

What happens on the day?

A bronchoscopy is normally a day-case procedure which means that you can come in and go home on the same day. Please arrive at the appointment time stated on your letter. Your procedure will be carried out as near as possible to this time, however in order to ensure safe running of the list due to individual circumstances and emergency cases, there may be delays so please be patient with us.

Please do not bring any valuables with you.

Please do not wear any nail varnish, lipstick or jewellery (tongue and nose studs must be removed).

Please bring a contact number of a friend or relative.

Information for Patients

If you take medication for your blood pressure, please make sure you take this as usual prior to your procedure with small sips of water (at least 2 hours before)

Please remember to bring all of your medications with you on the day.

A nurse will check your details including medications with you. They will also perform some baseline observations.

A doctor will go over the procedure with you and answer any questions you may have. You will be asked to sign a consent form at this time.

In the procedure room

A cannula (a small needle) will be inserted into the back of your hand to allow us to give you some sedation before and during your procedure.

The doctor will spray the back of your throat with an anaesthetic spray to make it numb and put some anaesthetic jelly in your nostrils.

A clip will be attached to your finger to allow us to monitor your oxygen levels and heart rate. We also give you a small amount of oxygen via a tube placed in your nose.

Normally the camera will be inserted via your nose; however it can also be done via your mouth. During the procedure the doctor will spray more anaesthetic spray to your airways. This may make you cough, which is normal.

The whole procedure will take approximately 20 minutes.

After the procedure

You will be taken to the recovery area to rest and be monitored by nurses.

You will remain on oxygen for about one hour or until your oxygen levels have returned to normal.

You will not be able to eat or drink for about 2 hours after the test to allow the anaesthetic to wear off. After this you can eat and drink normally.

You will normally be allowed to go home approximately 2 hours after the test has finished. If you have had sedation **it is essential** that a responsible adult comes to pick you up and accompany you home via car or taxi. Public transport is not suitable. Please note the unit closes at 6pm. Your relative/friend should arrive no later than 5:30 pm.

Sedation can impair your reflexes and judgement for the next 24 hours. We therefore advise you to rest quietly with someone to look after you for the next 24 hours.

For 24 hours after your procedure you must not:

- Drive a car
- Operate any machinery
- Drink alcohol
- Sign any legally binding documents
- Supervise young children

Information for Patients

When will I know the results of the test?

When people have sedation it can impair their memory therefore we tend not to discuss the findings of the test on the day. Any samples that were taken normally take at least one week (sometimes longer) to be analysed. The doctor who organised your test will receive the results of your test and will contact you as required.

Are there any risks to having a bronchoscopy?

A bronchoscopy is generally considered a safe and well tolerated procedure; however as with any procedure there are some side effects/risks involved.

Common risks:

- Cough
- Sore throat
- Infection/fever
- Breathlessness can occur after the procedure but usually settles before you go home
- Minor bleeding/coughing up blood

More serious but rare risks – these may mean that you need to stay in hospital overnight:

- Major bleeding
- Lung collapse
- Side effects of sedation
- Death has been reported but is very uncommon (i.e. occurs in 1 in 10,000 patients)

Information for people who are on blood thinning medications

- **Aspirin** – Can continue as normal.
- **Clopidogrel/Ticagrelor/Dipyridamole**– Must be stopped 7 days before procedure.
- **Warfarin** – Must be stopped 5 days before procedure. We will arrange for you to have your INR checked beforehand to ensure it is back into normal range.
- **Apixaban/Rivaroxaban/Edoxaban** – Must be stopped 48 hours before procedure.

Occasionally if you have a more complex condition (for example a metallic heart valve) your doctor will advise you on what to do with your blood thinning medications.

Important information for patients arriving by ambulance:

To ensure you do not miss your appointment and arrive home in a timely fashion, please when booking your transport, give the following instructions:

For morning appointments: Please arrange for the ambulance to collect you at 9am.

For afternoon appointments: Please arrange for the ambulance to collect you at 12 noon.

Privacy and Dignity

Delivering same-sex accommodation is a long standing commitment in the NHS as part of the drive to deliver the best possible experience for all patients (DOH 2007). Endoscopy Units within University Hospitals Birmingham NHS Foundation Trust maintain these standards either by operating single sex areas or single sex days. Eliminating mixed sex accommodation is our priority except where it is in the overall best interests of the patient, i.e. in an emergency (they have a life threatening condition) or where delays to that patient's treatment would mean deterioration in their condition. Should a patient of the opposite sex require such urgent care during your visit, we will ensure your privacy and dignity is maintained by screening off patients of the opposite sex.

Information for Patients

To contact us by telephone before your appointment (**NOTE this number should NOT be used for booking enquires**):

Solihull Endoscopy Unit

Monday to Friday 8.30am to 5.30pm

Excluding Bank holidays

0121 424 5394

An answer phone is available for you to leave your name, telephone number and message. We will return your call.

Heartlands Endoscopy Unit

Monday to Friday 8:30am to 5.30pm Excluding Bank holidays

Nursing/Medical enquiries

0121 424 0438

Good Hope Hospital - Scoping Suite Treatment Centre

Monday to Friday 8:30am to 5.30pm

Excluding Bank holidays

0121 424 9506

Queen Elizabeth Hospital Endoscopy Unit

Monday to Friday 8.30 am to 5.30 pm – Excluding Bank holidays **0121 371 3833**

For non-urgent messages an out of hour's answerphone is available. If you leave a message and your contact details a member of staff will contact you when the department re-opens.

If you require this information in another format, such as a different language, large print, braille or audio version please ask a member of staff or email interpreting.service@uhb.nhs.uk