

Patient Information Leaflet

Information for Patients Undergoing Bronchoscopy

Prepared by: The Endoscopy Department

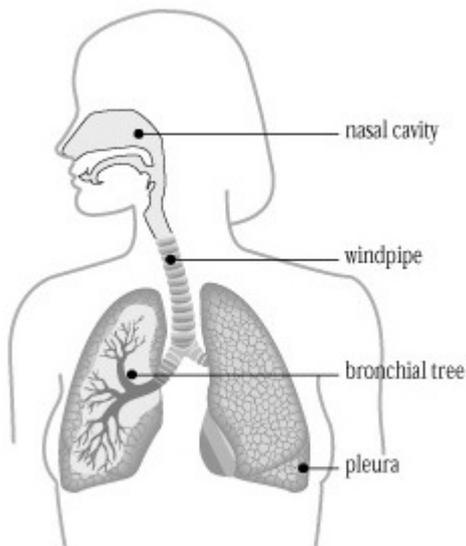
February 2013
Review due: February 2016



If you require this leaflet in another language, large print or another format, please contact the Quality Team, telephone 01983 534850, who will advise you.

What Is A Bronchoscopy?

A bronchoscopy is an examination of the lungs with an instrument called an endoscope. The endoscope is a very slim flexible tube (about the diameter of a ballpoint pen), with a light at the end which is passed through your nose or mouth into the lungs. This allows the endoscopist to look directly at the images of the larynx (voice box), the trachea (wind pipe) and the bronchi (air passages) on a television screen.



Are There Any Risks?

Serious complications are rare.

You may experience:

- A nose bleed if the tube is passed via the nose, and some coughing up of blood on the day of the test but this should gradually wear off over a period of 1 to 2 days. Do not blow your nose until the day after your bronchoscopy or until any bleeding has stopped.
- Occasionally a reaction to the medication given during the procedure may occur. There may be change in your heart rate, blood pressure or breathing that may prolong your stay in the endoscopy unit

Rarely patients undergoing bronchoscopy may develop a chest infection or pneumothorax (collapsed lung). If this is suspected a chest x ray will be performed and you may be admitted into hospital for a short time.

If you experience any increasing breathlessness or chest pain after your procedure you must inform a nurse in the endoscopy unit whilst an in-patient. If this happens after your discharge you must contact your **GP or out of hours 8PM-8AM phone Island Healthline 0845 6031 007 or NHS direct 0845 46 47**

Giving your consent

Before a health professional examines or treats you, they need your consent. This can be by you simply agreeing with their suggestions or sometimes a written record is required, by signing a consent form.

Before the day of your bronchoscopy you will normally have been seen by the doctor/nurse specialist in clinic. During this appointment the procedure will have been explained to you and you may have been asked to sign a consent form.

On the day of your bronchoscopy you will be given an opportunity to discuss the procedure again and ask any questions. If there is anything that you do not understand or are worried about it is important that you ask. If you change your mind at any time, you are entitled to withdraw your consent, even after signing the consent form.

Before Your Bronchoscopy:

- Do not eat after midnight the night before.
- You can have one small non-alcoholic drink 2 hours before your appointment time.
- Do take your regular medications.
- If you are currently using any inhalers please bring them with you.
- If you wear nail varnish this **must** be removed prior to your arrival on the Endoscopy Unit.
- You should have someone to bring you into hospital, drive you home from the endoscopy unit and stay with you for at least 12 hours afterwards. If you have difficulty arranging this you **must** tell the nurse specialist **before** your appointment day.

Arriving At The Endoscopy Unit:

When you arrive at the Endoscopy reception area you must see the receptionist who will ask you to confirm some of your details, and ask you to sit in the waiting room. A member of staff will take details concerning your transport arrangements home and then take you through to the admission area.

You will be asked to undress from the waist up and given a hospital gown to wear. A nurse will ask you questions about your health, allergies, medication (a written list that you bring with you is helpful). Your blood pressure, heart rate and oxygen levels will be recorded. A small plastic tube/needle will be inserted into a vein in your hand or arm for medication to be administered during the procedure.

The staff are aware that you may be nervous or anxious. If you have any worries or concerns the staff will not mind answering any questions, so please ask.

In The Examination Room:

A nurse will stay with you throughout the procedure.

- The endoscopist will explain what they are going to do during the procedure and ensure you have signed a consent form.
- You will be asked to remove any glasses or false teeth and a device will be placed on your finger to monitor your heart rate and oxygen levels during the procedure.
- A soft plastic tube may be placed just inside your nostril to give you some extra oxygen
- Some local anaesthetic will be sprayed into your nose and mouth. This may temporarily make your eyes water, but will allow the bronchoscope to be passed without too much discomfort.

- The Endoscopist will give you some medication via the needle in your hand or arm to help you relax.
- When the bronchoscope is in the back of your throat local anaesthetic liquid will be dripped onto your larynx and the bronchoscope will be passed into your lungs. This may cause some coughing, as if a drink is “going down the wrong way”. This will only last for a short time.
- Please try not to talk during the procedure as this may give you a sore throat.
- If necessary, specimens and samples from your air passages can be obtained painlessly. Photographs may be taken for record and documentary purposes.
- The procedure usually takes about fifteen to twenty minutes.

After Your Bronchoscopy:

- You will return to the recovery room to rest on a trolley where a nurse will monitor your blood pressure, heart rate and oxygen levels.
- After 1 hour you will be offered a drink and 2 hours after the procedure you will be allowed to eat.
- You are usually allowed to go home after having a drink.

Going Home:

It is important that someone comes to drive you home after the test. Sedation lasts longer than you think. You should **NOT:**

- **Drive a car**
- **Operate machinery**
- **Sign any legal documents**
- **Drink alcohol for at least 12 HOURS after your bronchoscopy.**

Wherever possible you will be seen by the nurse specialist before you go home and told when and where to return for your results.

After the test you may be forgetful, feel sleepy, have a dry mouth, hoarseness, sore throat or sore nose, which will gradually wear off. It is important that you go home and rest for the remainder of the day.

Contact telephone numbers

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|--------------------------------|---------------------|
| • Endoscopy Unit | 01983 534269 |
| • Respiratory Nurse Specialist | 01983 534379 |

You can find more information on all sorts of health issues through NHS interactive available through Sky TV or online at: <http://www.nhsdirect.nhs.uk/>

For Health advice and out of hours GP service 8PM-8AM please call The Island Healthline 0845 6031 007 or NHS Direct 0845 46 47

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For Health advice and out of hours GP service please call the NHS 111 service on: 111

We Value Your Views On Our Service

If you wish to comment on the care which you, your relative or friend has received, we will be pleased to hear from you. Please speak to the person in charge of the ward, clinic or service in the first instance or ask them to contact the Quality Team. If you wish to contact them directly, telephone on 534850.

Alternatively you may prefer to write to:

Chief Executive
Isle Of Wight NHS Trust
St Mary's Hospital
Newport
Isle of Wight
PO30 5TG

You can also share any concerns you have about our services with the Care Quality Commission (CQC) on 03000 61 61 61 or at enquires@cqc.org.uk

All NHS sites are no smoking areas.

If you would like help and advice to stop smoking please call: Freephone 0800 169 0 169 to talk to the NHS Smoking Helpline.

Ref: E/BRON/6