

Respiratory Medicine

What is a Bronchoscopy?

A bronchoscopy is a procedure where a doctor looks into the main tubes that carry air into the lungs. A thin, flexible 'telescope' is used, which is about half a centimeter (quarter of an inch) thick.

The bronchoscope passes through the nose or mouth (a plastic mouth guard may be required), down the back of the throat, into the windpipe (trachea), and down into the main air tubes (bronchi).

Samples from your lungs can be taken by passing fluid or tiny instruments down the camera tube – this does not hurt.

Why am I having this test?

This test may be performed for a variety of reasons. Usually it is to take samples from the air tubes or lung to clarify a diagnosis of infection, inflammation, or growths/blockages in the air tubes. Your doctor will discuss the reasons to perform this test with you.

Consenting to this procedure

A doctor will explain the procedure to you and ask you to sign a consent form. Questions and concerns should be discussed with a health care professional before you sign this form.

You should tell the doctor if:

- You are taking any medicines to 'thin the blood' such as Aspirin, Warfarin, Clopidogrel, Ticagrelor, Dipyridamol, Apixaban, Rivaroxaban, Debigatran or Edoxaban. These medications may need to be stopped before the test.
- You have any allergies.
- If you have had a heart attack in the last 6 weeks – the test may need to be done later.
- You suffer from asthma – you may be given inhaled medication before the test to 'open up' your airways.
- You have chronic obstructive pulmonary disease (COPD) – you may need a breathing test first.

What should I do before the test?

- Because you are having sedation, it is important that you arrange transport to and from the hospital. You must not drive yourself.
- You should not eat or drink anything from 9am on the day of your test if it is scheduled for the afternoon and you should not eat or drink anything from midnight the day before your test if it is scheduled for the morning.
- Take your usual medication(s) on the day of the test with a small amount of water, unless your doctor tells you otherwise.
- Wear comfortable clothing. It is best to leave jewellery at home, as you may be asked to remove it.

What happens when I arrive at the hospital?

- A member of the nursing team will explain to you what will happen to you during your visit, and record some information in an admission document.
- You will be given an Identity Band to wear on your wrist.
- Any dentures will be removed, and securely stored in a pot, which will be carefully looked after.
- The exact time at which your test takes place may vary and cannot be determined in advance and you need to be prepared to stay all afternoon (if your test is scheduled in the afternoon) or all morning (if your test is scheduled for the morning).

What happens during the test?

- The test needs to be done under sedation - a 'cannula' (plastic needle) will be inserted into your hand or arm to give you a sedative; this will make you feel comfortable and relaxed. Following sedation many patients may not remember anything about the test.
- Your oxygen levels will be monitored throughout the test, and you will be given oxygen via a small foam padded tube placed just inside your nose.
- Some anaesthetic spray will be gently sprayed on the back of your throat, and some gel placed into your nostrils – there may be a bitter taste similar to bananas. There may be a different sensation to breathing and swallowing after this spray as the throat becomes 'frozen' – this is normal. You will be able to breathe and swallow normally, although it may feel different. You can cough and swallow if you wish during the test.
- During the procedure you may feel slight discomfort as the bronchoscope is passed through your nose and down into your trachea (windpipe) and more local anaesthetic spray is used. This may make you cough, but this will quickly subside.
- The procedure takes around 15-20 minutes, depending on how many samples are taken.

What happens after the test?

- You will rest in the recovery area of the Endoscopy Unit, where a nurse will be present until the sedative has worn off.
- You may continue to receive oxygen for a short period.
- For certain types of lung biopsy, you may require a chest x-ray an hour after the procedure. This would have been discussed with you in advance if this applies to you.
- The feeling in your throat will wear off after 2 hours of being given the anaesthetic spray – you will be able to drink after that period.

Are there any side-effects?

This is a safe test - less than 1 in 2,000 people undergoing the test will have a serious complication.

It is common to have a minor sore throat or cough up a small amount of blood for a day or two after the test. You should not let this alarm you. However, if you feel very unwell, develop a fever, or cough up large amounts of blood you should contact the Endoscopy Unit (09:00 – 17:00) or the Accident and Emergency Department if out of hours.

Going home

- As you have had sedation, you must be accompanied home. Someone should be at home with you overnight.
- You **MUST NOT** drive, operate dangerous machinery, or sign legally binding documents for 24 hours after the sedation.

How will I find out the results of the test?

You will be given an appointment to come back to the clinic for your results. No results will be available on the day of the test.

Please contact your Consultant's secretary if you do not receive a clinic appointment.

Useful Numbers

Huddersfield Royal Infirmary (HRI) Endoscopy Unit	01484 355867
Calderdale Royal Hospital (CRH) Endoscopy Unit	01422 223920
Respiratory Secretaries (HRI)	01484 355655/355581
Respiratory Secretaries (CRH)	01422 223122

Further information:

British Lung Foundation – www.lunguk.org Helpline 03000 030 555
NHS Choices – www.nhs.uk

If you have any comments about this leaflet or the service you have received you can contact :

Respiratory Physician
Respiratory Medicine
Huddersfield Royal Infirmary
Telephone (01484) 342335

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਚ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਚੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم المذكور أعلاه"