

## PATIENT INFORMATION

# Outpatient Bronchoscopy

### What is a Bronchoscopy?

You have been advised to have a bronchoscopy to investigate your symptoms further.

A bronchoscopy is a 'camera test' which enables the endoscopist to look into your windpipe (trachea) and airways (bronchi) to look for any abnormalities and take samples if needed.

The bronchoscope is a long, flexible tube with a light and camera on the end. It is passed through your nose or mouth, through your vocal cords and into your trachea and airways.

Usually the procedure is a 'day case' so you can go home afterwards once the sedation has worn off and the nursing staff are happy with your observations.

### Will I be awake during the procedure?

Most patients chose to have sedation for the procedure. This means you are not anaesthetised but the medication makes you feel more relaxed and sleepy. You will be breathing for yourself during the procedure.

**The sedation means you are unable to drive for twenty-four hours after the procedure so you will need someone to accompany you home and stay at home with you after the test, ideally overnight.**

### Preparing for the test

**You should not eat or drink, except sips of water, for at least six hours before the test.**

You can take your usual medications with a small amount of water on the day of the test, ideally at least two hours before the test itself.

If you take any blood thinners (including clopidogrel, warfarin, rivaroxaban, edoxaban etc) you will be asked to stop these several days in advance of the procedure to minimise the bleeding risk- the person requesting the procedure will tell you how many days you need to hold the medication for.

**However, in general this will be:**

<b>Warfarin</b>	<b>5 days</b>
<b>NOACs (e.g. Rivaroxaban, apixaban, edoxaban etc)</b>	<b>3 days</b>
<b>Clopidogrel</b>	<b>7 days</b>

**If you are on warfarin for a metallic heart valve, you may need 'bridging cover' with blood thinning injections. Please let the health professional booking your procedure know so bridging treatment can be organised.**

### **On the Day**

You will be asked to attend the endoscopy apartment on the day of the procedure. Once booked in, you will have a discussion with the endoscopy nurse who will take your observations and ask you about your medical history and medications.

You will then see the endoscopist who will go through the procedure and the consent form with you which you will then sign.

You will be taken into the bronchoscopy room. You can wear your own clothes and take your personal belongings in with you, although we would suggest leaving valuables with the friend or relative who is taking you home.

You will be asked to sit on a trolley, and monitoring will be put on you and a cannula will be put into your arm. There will be several members of the team in the room, including the endoscopy nurses and the doctor doing your procedure.

A safety check will be done confirming your details.

### **What happens during the procedure?**

The endoscopist will give you some sedation which will make you feel sleepy. They will also give you some local anaesthetic gel up your nose and spray some local anaesthetic in your mouth. This is to ensure the test is as comfortable for you as possible. It can sometimes make you feel you cannot swallow or that there is a lump in your throat, but you can swallow normally.

The camera usually goes through your nostril, but if the endoscopist needs to go through your mouth, a mouth guard will be put in.

Once you are sleepy, the camera will be inserted through your nose or mouth and guided to your voice box and vocal cords where more local anaesthetic is applied through the scope. The scope is then passed through your vocal cords into your windpipe. A bit of coughing or gagging is usual at this stage, but the feeling will pass.

The camera is advanced down your windpipe and more local anaesthetic is applied.

The endoscopist will look around your airways and look for any abnormality. They may take samples if they see anything. The procedure itself lasts around 10 to 30 minutes depending on what samples are needed.

Possible sampling that may be done include

- Biopsies- if a tumour is seen in your airways, biopsies may be taken using tiny forceps inserted through the scope.
- Brushings- a small brush is inserted through the scope to take samples of tissue
- Washings- this may be done to look for infection or causes of interstitial lung disease- saline is run into the airway and then suctioned back up into a pot which is sent to the laboratory for analysis.

### **After the procedure**

Once the procedure is done, you will be taken to recovery where you will be observed. Once the local anaesthetic has worn off (around 40-60 minutes) you can have a drink.

If all is well, you can then go home, accompanied. We recommend someone stay with you after the procedure and stay overnight.

Occasionally, if there has been a complication you may need to stay in hospital overnight.

If you work, you may be able to return to work the next day but as **you cannot operate heavy machinery or drive for 24 hours after the procedure**, you may need to take another day off.

It is not unusual to cough up a small amount of blood following the procedure or blow out some blood from your nose. Your throat may feel sore for a day or two and your voice may be hoarse.

Your results usually take a week to ten days to come back. Further tests may be needed which can take several weeks. You will be updated accordingly.

### **The Endoscopy Department**

The endoscopy department is in a building on the right side of the road leading up to the main hospital entrance at the Torbay Hospital site. There are a few parking spaces outside to enable drop off. When you arrive, check into reception and you will be asked to wait in the waiting room until the team bring you through for the pre-assessment.

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If you have any questions about your appointment, please do not hesitate to contact the team on 01803 654496 and we will be pleased to help. Please note this number is for appointments only, please do not call for results.