

PATIENT INFORMATION

Following your Bronchoscopy

Aftercare Sheet

GASTROENTEROLOGY DEPARTMENT ENDOSCOPY AFTERCARE SHEET

Following your Bronchoscopy:

- You may eat and drink normally after discharge.
- You may have a sore throat and nose for a few hours and sometimes the next day, especially if you have been coughing frequently.
- You may experience a slight nosebleed and find streaks of blood in your phlegm on coughing. This is quite normal and will sub-side within a day or so.
- Please keep your outpatient appointment with the Heart & Lung Department, where results will be discussed.

☐ **If you have had Fentanyl only:**

- Do not drive a car or any other vehicle including bicycles for 24 hours; note that your insurance is invalid if you do so).
- Do not operate machinery or appliances such as cookers and kettles for 24 hours.

☐ **If you have had Sedation:**

- It is important that for the **next 24-hours** you have someone stay with you and to observe the following instructions:
- Sedation may make you feel drowsy later on and cause intermittent memory lapses.
- Do not drive a car or any other vehicle including bicycles for the next 24 hours; note that your insurance is invalid if you do so).
- Do not operate machinery or appliances such as cookers and kettles.
- Do not make important decisions or sign important documents.
- Do not drink any alcohol.

- Do not return to work whilst under the effects of the sedative.
- Do not lock the bathroom or toilet door, or make yourself inaccessible to the person looking after you.
- Rest, do not undertake strenuous exercise or activities.
- After 24-hours, the effects of the sedation should have worn off and you should be able to resume normal activities.

Take things easy for the next 24-hours and if you have any problems:-

For NON-URGENT queries please contact the Respiratory Team on 01803 655116 within the hours of 08:00-17:00 Monday to Friday.

If you have any URGENT concerns outside of these hours then please telephone 111

If you experience severe pain in your neck, chest or abdomen, fever, major bleeding, or sudden shortness of breath, in case of an emergency situation you should call 999 or go to your nearest Accident and Emergency Department. Please take a copy of your Endoscopy report with you.

This information can be offered in other accessible formats on request, including a language other than English.

For further assistance or to receive this information in a different format, please contact the department which created this leaflet.