

Patient & Family Guide

2024

# Bronchoscopy

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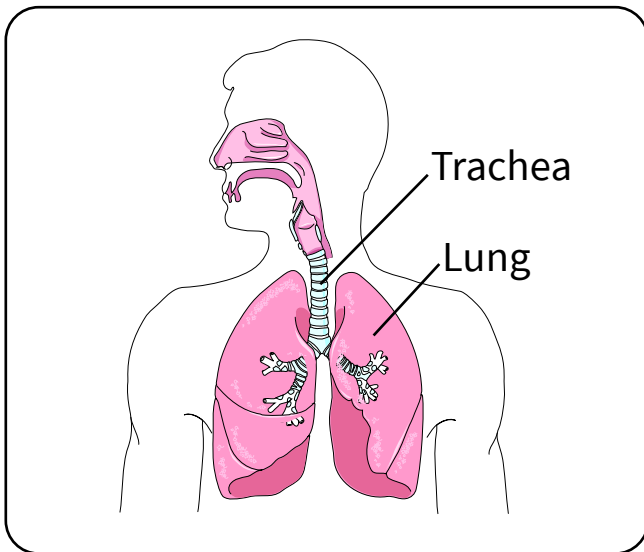


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# Bronchoscopy

## What is a bronchoscopy?

- A bronchoscopy looks at your trachea (windpipe) and other major airways in your lungs.
- The procedure uses a bronchoscope (a flexible tube with a light and a lens on the end).



## **Why do I need a bronchoscopy?**

- A bronchoscopy is done to:
  - › Find out what is causing your symptoms
  - › Get a sample of your lung tissue, lymph nodes, cells, or mucus
  - › Clear out mucus that you cannot cough up
  - › Check something on an X-ray
  - › Remove something that you breathed in
  - › Look for infection

## **What are the risks?**

- This procedure has a low risk of complications.
- The risk goes up a small amount if you also have a biopsy (a piece of tissue is taken).
- Your health care team will talk with you about the risks before the procedure.

## **When booking your procedure:**

- **Tell the doctor's assistant if you are taking:**
  - › Medication or insulin for diabetes. You may need to follow special instructions for taking these before your procedure.
  - › Anticoagulants (blood thinners), like ASA (Aspirin<sup>®</sup>) or any products that have ASA, warfarin (Coumadin<sup>®</sup>), heparin (Fragmin<sup>®</sup>), dabigatran (Pradaxa<sup>®</sup>), rivaroxaban (Xarelto<sup>®</sup>), apixaban (Eliquis<sup>®</sup>), edoxaban (Lixiana<sup>®</sup>)
  - › Antiplatelets (to prevent stroke and heart attacks) like clopidogrel (Plavix<sup>®</sup>), prasugrel (Effient<sup>®</sup>), or ticagrelor (Brilinta<sup>®</sup>)
  - › Medications that raise your risk of bleeding
  - › Non-steroidal anti-inflammatory drugs (NSAIDs) for pain, arthritis, gout, migraines, nerve pain, or high uric acid in the blood, like ibuprofen (Motrin<sup>®</sup>, Advil<sup>®</sup>)
  - › Antibiotics for procedures or dental work

## How do I get ready for this procedure?

You will have sedation (medication to help you relax) during this procedure.

- You must have a responsible adult:
  - › stay in the hospital during your procedure.
  - › take you home after your procedure.
  - › stay with you overnight.

If this is not possible, call your doctor before the procedure. We may have to cancel your procedure.

## The night before your procedure

- Do not eat or drink anything, including water, after midnight the night before your procedure.

If you need to cancel your procedure, please call so that we can book another patient.

- › Phone: \_\_\_\_\_

# The day of your procedure

It is very important to follow these instructions:

- If you take steroids or medications for your heart, blood pressure, or breathing:
  - › You may take your medication as usual, with small sips of water.
- If your procedure is at noon or later, ask if you may have clear liquids before 8 a.m. Clear liquids include:
  - › Water
  - › Pulp-free juice (like apple, grape, or cranberry juice). **Do not drink orange juice.**
  - › Sports drinks
- **Do not drink:**
  - › Coffee or tea
  - › Milk products
  - › Orange juice
- **Bring a list of all your medications** (including prescription and over-the-counter medications, inhalers, creams, eye drops, patches, herbal medications, vitamins, and supplements) with you to the hospital.
- **Do not** wear any jewelry or bring any valuables with you to the hospital. The hospital is not responsible for the loss of any items.

- **Do not** use scented products. Nova Scotia Health is scent-free.

## Where do I go for my procedure?

**You must register at the kiosk on the:**

- › **Main floor of either the Dickson or Centennial Building (main entrances)**

**OR**

- › **4<sup>th</sup> floor (Robie Street entrance)**

Your procedure may be done at:

- Endoscopy Unit  
9<sup>th</sup> floor, Victoria Building  
Victoria General (V.G.) site, QE II

**OR**

- Minor Procedures Clinic  
4<sup>th</sup> floor, Robie Street entrance  
Halifax Infirmary (H.I.) site

This will take place in an operating room (O.R.) or in the Radiology Department. Your health care team will tell you where your procedure will be done and give you directions.

## How is the procedure done?

- An intravenous (I.V.) tube will be put in a vein your arm using a needle. You may be given medication to:
  - › Help you relax
  - › Help with any pain
  - › Stop you from coughing
- You will be given a liquid freezing medication to gargle. You may also be given a liquid freezing medication to breathe in through an aerosol mask. This will make it easier when the specialist puts the bronchoscope in.
- A spray will be used to freeze the back of your throat, and sometimes your nose, so that you do not feel any pain.
- We will check the oxygen level in your blood. We may give you extra oxygen to help your breathing.
- We will check your heart rate and blood pressure.
- The bronchoscope will be passed through your mouth or nose and into your trachea.
- The scope may be used to take a biopsy or a sample.
- The procedure will take about 30 minutes.



## What will happen after my procedure?

- **Do not eat or drink for 2 hours after the procedure.** This will prevent food and liquids from entering your airways or lungs.
- You may:
  - › Be hoarse or have a sore throat because the scope was passed through your voice box
  - › Cough
  - › Cough up small amounts of blood, especially if a biopsy or a sample was taken
- You will be able to go home about 1 hour after the procedure.

### **For the next 24 hours after sedation:**

- **Do not** drive a car or use any heavy machinery.
  - **Do not** drink alcohol.
  - **Do not** care for others (including children).
  - **Do not** sign any legal or important papers, or make any financial (money) decisions.
- You may have a fever (temperature above 38 °C or 100.4 °F) after your bronchoscopy.
    - › Call the doctor who performed your bronchoscopy if the fever lasts longer than 24 hours.

**Call 911 or go to the nearest  
Emergency Department right away if  
you:**

- › Cough up more than small amounts of blood
- › Have a hard time breathing
- › Have chest pain

**What are your questions?**

**Please ask a member of your health care  
team. We are here to help you.**

# Notes:

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This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

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Call 811 or visit: <https://811.novascotia.ca>

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