



## BRONCHOSCOPY

Read these instructions at least a week before you come for your procedure.

### WHAT IS BRONCHOSCOPY?

This is a test to look at your breathing passages: the nose, vocal cords and major airways.

### HOW DO I GET READY?

#### One week before the exam:

- Do not take Aspirin, Advil, Ecotrin, Bufferin, Nuprin, Excedrin, Aleve and/or Ibuprofen for 7 days before your exam. Tylenol (acetaminophen), Celebrex, and Mobic are fine to take.
- If you use blood thinners Coumadin (Warfarin) or Plavix, contact your doctor about stopping it for 5-7 days.
- If you are a diabetic, contact your doctor about adjusting the dose of insulin or blood sugar pills the day of the exam.

#### Day of the exam:

- **Do not have any solid foods or milk products after midnight.**
- **You may have clear liquids until 4 hours before your exam, then nothing at all until after your exam.** Clear liquids include water, soda, broth, bouillon, coffee, tea, Kool-Aid, clear juices, Gatorade, Jello, and popsicles.
- You may take your blood pressure medicine and any heart medicines with a sip of water.
- **Bring a list of current medications and medication allergies with you.**
- **Bring someone with you to drive you home.** You will be given sedatives during the exam and you will not be allowed to drive the rest of the day. However, please limit the number of people you bring with you to our waiting room. If you do not have a driver, your exam may be cancelled or rescheduled.
- **Arrive at the hospital one hour before your appointment** to allow for parking and registration in our department.

### REGISTRATION

- When you arrive at the hospital walk through the main entrance and ask the hospital receptionist to direct you to the Digestive Health Center.
- Enter our waiting room and check-in at the reception desk.
- After check-in you will be called to register.
- After registration, you will be called to the procedure area.
- Please keep in mind that appointments are approximate times. If a delay occurs, we will do our best to update you.

### WHAT WILL HAPPEN DURING THE EXAM?

- A doctor will explain the benefits and risks of the exam and ask you to sign a consent form giving the doctor permission to do the test. Ask the doctor any questions that you may have.
- A nurse will place an IV (needle) in your arm to give you medicines and intravenous liquids you may need during the test.
- Your blood pressure, pulse and oxygen level will be checked throughout the procedure.
- Your throat will be sprayed with a numbing medication to reduce your tendency to gag.
- During the exam, you will be lying on your back with one or two pillows. (over)

- Numbing medication will also be applied into your nose.
- Sedative medication will be given through your IV to help you relax.
- When you are relaxed, the doctor will gently insert the endoscope instrument into your nose, down the back of your throat, through the vocal cords and into your lungs. More numbing medicine will be sprayed into your airways through the scope. This may make you cough, but will not interfere with your breathing.
- Your doctor may obtain 1 to 3 types of tissue samples:
  1. If the doctor sees anything unusual, a biopsy (small piece of tissue) may be taken. You will not feel this biopsy.
  2. The doctor may put in saline (salt water) to wash the cells out of a portion of the lung.
  3. Finally, the doctor may do a biopsy of the lungs beyond the area that can be seen directly. An x-ray machine will be used so the doctors can see exactly where they are taking the biopsy.
- The doctor will slowly remove the scope.
- You may cough up a small amount of blood after the bronchoscopy if a biopsy was done, usually less than a spoonful.

### **WHAT HAPPENS AFTER THE EXAM?**

- You will be taken to our Recovery Room to rest and sleep off the effects of your sedative. A follow up x-ray may be taken at this time.
- Your blood pressure, pulse and oxygen level will be checked until you are fully awake.
- Before you leave, your IV will be removed, you will be given discharge instructions which will note if any tissue was removed.
- The doctor will discuss the results of your test with you. The results of your exam and any sample analysis will be sent to the physician that referred you for the exam in 1-2 weeks.  
**Please contact the physician who ordered your procedure to obtain your test results.**
- Your throat may feel scratchy or numb for a short while. After you have tested your swallowing with a sip of water and there is no problem, you may eat and drink normally.
- After you leave the DHCoE, if you have a severe pain, shortness of breath, vomit blood or develop a fever, please call us at **(434) 982-0221** or the hospital operator **(434) 924-0000** and ask for the Pulmonary doctor on-call. You may also go to your local emergency room.

If you have any questions about the exam or the preparation, please call the endoscopy coordinator at **(434) 243-6346**.

To cancel or reschedule your test please call **(434) 924-9999**.

UVA is nationally recognized for diagnosis and treatment of respiratory diseases. As our patient, you will receive the best possible care by caring physicians and health care professionals.