

## What is a bronchoscopy?

A bronchoscopy is a procedure involving the use of a bronchoscope, a lighted, flexible tube about the thickness of a pencil. The doctor will pass the tube through your nose or sometimes your mouth, into the airways of your lungs. The procedure allows the doctor to look at the airways for anything not normal. The tube may cause a slight discomfort to your nose and throat and may cause coughing. The doctor may take samples for laboratory study. This procedure will provide your doctor with information to help decide on the best treatment plan for you.

This guide is for patients who are going to have a bronchoscopy. It answers some of the most commonly asked questions. If you have additional questions, talk to your doctor or nurse for more information.

## Your procedure is scheduled for:

**Date:** \_\_\_\_\_ **Time:** \_\_\_\_\_

- If you need to reschedule the day of the appointment, please call the Medical Procedures Unit (MPU) at (734) 936-9250. You may need to talk with the ordering clinic doctor or nurse to reschedule. Please call this same number for any questions.

## How long is the procedure?

- The procedure will take about 30 to 90 minutes, but expect your visit to the Medical Procedures Unit (MPU) to last 2 to 4 hours so you can prepare and recover.

## How will I prepare for the bronchoscopy?

- Coordinate a **responsible adult (age 18 years or older)** to accompany you on the day of your procedure because you will be sedated.

- Your procedure **will not** begin until the adult who accompanies you is present, and your transportation has been verified. This person should plan to remain in the MPU during your **entire** visit. If desired they may be given a pager so that they can go to the cafeteria and wait close by as well.
- You may not travel by taxi or bus unless you are accompanied by a responsible adult, and you may not walk home after the procedure.

### **Medications:**

- If you are taking any anticoagulant medications (blood thinners), please let your pulmonary doctor know. You may have to adjust or stop your medication before your procedure. **Ask your doctor before stopping any medication.**
- You **do not need to stop taking aspirin** prior to bronchoscopy.

### **Diabetes:**

For patients with diabetes, any test or procedure that causes you to miss a meal or change your usual meal plan will require special planning to safely manage your blood sugar. Please contact the doctor who manages your diabetes treatment, and let them know, you may be required to fast (no food/fluids) for 8-16 hours.

### **Follow these diet instructions:**

#### **The day before the procedure:**

You may eat your normal diet the day before the procedure.

#### **Starting at midnight on the day of the procedure:**

Stop eating **all** solid foods and fluids, including water. (No gum, candy or smoking).

### **Medication:**

Take your necessary medications, including blood pressure medications, with enough water to swallow them. Your pills should be taken at least 4 hours prior to your appointment time.

## **Bring the following with you on the day of your bronchoscopy:**

- If you have a CPAP machine that is portable, bring it with you.
- List of all medications you are taking
- List of allergies
- Health insurance cards

## **Do not bring the following:**

- Please leave jewelry at home.
- Small children will be more comfortable at home.

## **Where do I go on the day of the procedure?**

You should report to the Medical Procedures Unit (MPU) which is located on the 2<sup>nd</sup> floor of University Hospital. There is a map below for your reference. More details can be found on the following website: <http://michmed.org/5LbmP>

## **What will happen during the procedure?**

A doctor specially trained in bronchoscopy, and at least one assistant will perform the procedure. The doctor who ordered your procedure may not be the one who performs it, but the ordering and performing doctors have discussed the necessary test(s) to be performed.

1. In the reception area you will answer questions about your health history, current medicines and allergies.
2. You will review the procedure risks and sign a consent
3. After you change into a hospital gown, a nurse will start an intravenous line (IV). The IV is used to give you medication to make you more comfortable during the procedure. The procedure is performed in a room specially designed for bronchoscopy procedures.
4. Equipment will be used that will help the nurse and doctor monitor your heartbeat and breathing. For your comfort, your nose and throat will be numbed and you will be sedated before the doctor passes the bronchoscope into the airway. Anesthesiology will provide sedation for some procedures.
5. Medication will be administered through the bronchoscope to numb the airways as the doctor examines them. There is usually no pain associated with this test, even if a biopsy is done.

## **What are the risks?**

Complications are extremely rare. However, there are potential complications associated with all medical procedures. These will be explained to you at the time you sign your consent for the procedure.

## **What should I expect in recovery?**

1. After your procedure, you will be taken to the recovery area. One adult person may join you there, if you wish.
2. Your doctor may order a chest x-ray for you after your procedure.
3. When you are ready to go home the nurse will tell you your discharge instructions and answer your questions.
4. You will receive a summary of your procedure. Most biopsy results take at least 2-3 days to be available, and some results take longer.
5. You may not drive yourself home and you may want a family member or friend to stay with you for the remainder of the day.
6. After a biopsy, it is common to have some hoarseness that lasts 1-2 days. A small amount of blood in the phlegm is also common. In addition, some people will experience a low grade fever a day after bronchoscopy. If you are concerned with the amount of blood, fever, or any other symptoms, call the Medical Procedures Unit at (734) 936-9250. If it is after business hours, call the **hospital operator at (734)-936-6267, and ask to speak to the pulmonary fellow who is on-call.**

## **How will I care for myself at home?**

1. The day of your procedure, do not make any major legal or financial decisions.
2. For at least 12 hours after the procedure, do not drive a vehicle, operate machinery, or drink alcoholic beverages.
3. Unless otherwise instructed, you may resume your activities, medications, and diet, the day after your procedure.
4. In most cases, you may return to work or school the day after your procedure.
5. Call your doctor if you are having bleeding the day after the procedure.

## Medical Procedures Unit at University Hospital

1500 E. Medical Center Dr. Floor 2, Room 2B353 Ann Arbor, MI 48109

Local (734) 936-9250 or Toll-Free 877-758-2626



**Directions** The MPU is located on the second level of University Hospital. The closest parking is in parking garage P2 or the Taubman valet at the main entrance. From the main entrance of the Taubman Center, take the elevator to Floor 2. When you exit the elevator, enter the Taubman Center and turn to your right. Walk straight ahead to the end of the hallway and turn to your left. Go through the double doorway on your right (across from the elevators). This takes you into University Hospital. Make an immediate right down the first hallway. There will be a sign for the Medical Procedures Unit. Continue down the hallway, past the chapel and into the MPU.

Pulmonary and Critical Care Medicine  
Preparing for a Bronchoscopy

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