

本指南适用于将要进行支气管镜检查的患者。它回答了一些最常见的问题。如果您有其他问题，请与您的医生或护士讨论，以取得更多信息。

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

### 什么是支气管镜检查？ What is a bronchoscopy?

**支气管镜检查**是一种涉及使用**支气管镜**的医疗程序。支气管镜是一根带有灯光且有弹性的软管，大约有铅笔那么粗。医生将通过您的鼻子，或有时通过您的口腔，把管子插入您的肺。这根管子可能会让您的鼻子和喉咙感到轻微不适，并可能引起咳嗽。

A **bronchoscopy** is a procedure involving the use of a **bronchoscope** (a lighted, flexible camera about the thickness of a pencil). The doctor will pass the camera through your nose (or sometimes your mouth) into your lungs. The camera may cause slight discomfort to your nose or throat, and it may cause coughing.

该程序可帮助医生检查您的肺部是否有任何不正常的地方。医生可能会取样进行化验。这个程序将为您的医生提供信息，来协助决定对您最好的治疗方案。

The procedure helps the doctor look at your lungs for anything not normal. The doctor may take samples for laboratory study. This procedure gives your doctor information to help you decide on the best treatment plan for you.

## 规划您的支气管镜检查

### Planning for your bronchoscopy

请在获得此信息后立即阅读此内容。您可以勾选每个框以表明您理解每个项目。

Please read this as soon as you get this information. You may check off each box to show that you understand each item.

- 为了您的医疗程序,您必须带一位负责任的成年人来。**

**You must bring a responsible adult with you for your procedure.**

- **请负责任的成年人 (年满 18 周岁)** 在程序当天与您同行。您将需要有人陪伴,因为在程序过程中您将被镇静(给予药物使您想睡)。此人应计划在您整个程序期间留在医疗程序单位(MPU)。我们会给他们一个寻呼机,这样他们就会知道您的程序何时结束,他们可以在恢复区与您会合。

Ask a **responsible adult (someone who is 18 years or older)** to come with you on the day of your procedure. You will need someone with you because you will be sedated (given medication to make you sleepy) during the procedure. This person should plan to stay in the hospital during your entire visit. We will give them a pager so they will know when your procedure is over and they can join you in the recovery area.

- 直到您负责任的成年人与您同在并且我们确保您有车回家之前,您的程序不会开始。

Your procedure will not start until your responsible adult is there with you and we've made sure you have a ride home.

- 除非有负责任的成年人陪同，否则您不能乘坐出租车或公交车，程序后也不能步行回家。

You may not travel by taxi or bus unless you are with your responsible adult, and you may not walk home after the procedure.

**观看讲述支气管镜检查的风险和益处的视频 (这视频是英文的)**

Watch the video describing the risks and benefits of a bronchoscopy.

- 在程序开始之前，我们团队中的一位成员会要求您签署一份同意书。签署这份表格，即表明您同意我们已向您提供信息，并且您了解支气管镜检查的程序、其益处和风险，以及替代方案（其他选项）。

Before starting the procedure, a member of our team will ask you to sign a consent form. By signing this form, you are agreeing that we have given you information and you understand the procedure, its benefits and risks, and the alternatives (other options) for a bronchoscopy.

- 阅读本资料或观看视频：[bit.ly/MM-colonoscopy](http://bit.ly/MM-colonoscopy) 以了解您的知情同意书。
- Read this handout and view the video at: [bit.ly/MM-bronchoscopy](http://bit.ly/MM-bronchoscopy) to understand your informed consent.

**如果您正在服用血液稀释剂，请咨询您的医生。**

If you are on blood thinner medications, talk to your doctors.

- 如果您正在服用任何抗凝血药物（血液稀释剂），让您的肺科医生知道，您可能须要在程序前调整或停止您的药物。在停用任何药物之前，请咨询医生。

- 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.
  - 常见的血液稀释剂包括阿哌沙班 (Eliquis®)、利伐沙班 (拜瑞妥®)、华法林 (香豆素®)、氯吡格雷 (波立维®)、替格瑞洛 (Brilinta®) 和依诺肝素 (Lovenox®)。
  - Common blood thinners include apixaban (Eliquis®), rivaroxaban (Xarelto®), warfarin (Coumadin®), clopidogrel (Plavix®), ticagrelor (Brilinta®), and enoxaparin (Lovenox®).
- 您不需要在做支气管镜检查之前停止服用阿司匹林。

You do not need to stop taking aspirin before your bronchoscopy.

**若您有糖尿病，请务必联络您的医生。**

If you have diabetes, you must contact your doctor.

- 对于糖尿病患者而言，任何导致您错过一餐，或改变您平常饮食计划的测试或程序，都需要特别计划，以便安全地管理您的血糖。请联系管理您的糖尿病治疗的医生，让他们知道，您可能需要禁食（不进食/不喝水）8-16 小时。

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 so you can safely manage your blood sugar. Please contact the doctor who manages your diabetes treatment and let them know you may be required to fast (not eat or drink anything) for 8-16 hours.

**准备好您需要随身携带的物品。**

Prepare the things you'll need to bring with you to the procedure.

- 程序當天請攜帶下列物品：

On the day of your procedure, bring the following with you:

- 当前所有服用藥物的清單

A list of all the medications you are taking

- 过敏症清單

Your list of allergies

- 醫療保險卡

Health insurance cards

- 如果您有可携式持续气道正压（CPAP）机器，请带上它。

If you have a CPAP machine that is portable, bring it with you to your appointment.

- 请将珠宝留在家中。

Please leave all jewelry at home.

- 请不要带小小孩来您的医疗程序。

Please do not bring small children to your procedure.

- 如果您需要重新安排约诊日期，请致电医疗程序单位（MPU），电话是（734）

936-9250。您可能需要与开医嘱的诊所医生或护士沟通，来重新安排时间。如有任何问题，请拨打这相同的电话号码。

If you need to reschedule your 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 if you have any questions.

## 我准备支气管镜检查的说明是什么？

### What are my instructions for preparing for my bronchoscopy?

下面的时间表将帮助您确定一周中准备的日期。首先，弄清楚您的约诊是星期几。然后用荧光笔标记或圈出正确的一行，以查看您的其他准备日。

The timeline table below will help you figure out the days of the week for your prep. First, figure out what day of the week your appointment is on. Then highlight or circle the correct row to see your other prep days.

- 如果您重新安排您的预约时间，您必须重做时间表来配合新的约诊日期。

If you reschedule your appointment, you must redo the timeline table to match your new date.

**我的预约时间是：**

My appointment is \_\_\_\_\_ (日期和到达时间) (Date and arrival time)

**时间表: Timeline table:**

<b>我的预约是在:</b> My appointment is on:	<b>7天前是:</b> 7 days before is:	<b>4天前是:</b> 4 days before is:	<b>3天前是:</b> 3 days before is:
星期一 Monday	星期一 Monday	星期四 Thursday	星期五 Friday
星期二 Tuesday	星期二 Tuesday	星期五 Friday	星期六 Saturday
星期三 Wednesday	星期三 Wednesday	星期六 Saturday	星期日 Sunday
星期四 Thursday	星期四 Thursday	星期日 Sunday	星期一 Monday
星期五 Friday	星期五 Friday	星期一 Monday	星期二 Tuesday
星期六 Saturday	星期六 Saturday	星期二 Tuesday	星期三 Wednesday
星期日 Sunday	星期日 Sunday	星期三 Wednesday	星期四 Thursday

**每天一醒来就开始您的准备指示。** 请仔细遵循以下指示，以确保检查成功。

Start your prep instructions as soon as you wake up on each day. Follow the instructions below carefully to ensure a successful procedure.

<b>7 天前 支气管镜检查</b>	<b>星期：</b> _____ (请依照时间表填入星期幾)
<b>7 days before your bronchoscopy</b>	<b>Day:</b> _____ (Fill in the day according to the timeline table)

- 停止服用芬特明 (Adipex-P®、Lomaira™、Fastin®、Phentercot®) 和芬特明和托吡酯 (Qsymia®) 。这些是减重药物。
- Stop taking phentermine (Adipex-P®, Lomaira™, Fastin®, Phentercot®) and phentermine and topiramate (Qsymia®). These are weight loss medications.
- 如果您每周注射一次索马鲁肽 (Ozempic®、Wegovy®) 、度拉糖肽 (Trulicity®) 或替尔泊肽 (Mounjaro®) , 请在程序前一周停止注射。
- If you inject semaglutide (Ozempic®, Wegovy®, Rybelsus®), liraglutide (Saxenda®), dulaglutide (Trulicity®) or tirzepatide (Mounjaro®) once a week, do not inject it the week before your procedure.

<b>4 天 (96 小时) 前 支气管镜检查</b>	<b>星期：</b> _____ (请依照时间表填入星期幾)
<b>4 days (96 hours) before your bronchoscopy</b>	<b>Day:</b> _____ (Fill in the day according to the timeline table)

- **结肠镜检查前 96 小时**, 停止服用以下糖尿病/减重药物: 厄格列净 (Steglatro®) 、厄格列净和二甲双胍 (Segluromet™) 以及厄格列净和西格列汀 (Steglujan®) 。
- **96 hours before your bronchoscopy**, stop taking the following diabetic/weight loss medications: ertugliflozin (Steglatro®), ertugliflozin



and metformin (Segluromet™), and ertugliflozin and sitagliptin (Steglujan®).

<b>3 天 (72 小时) 前 支气管镜检查</b>	<b>星期:</b> _____ (请依照时间表填入星期幾)
<b>3 days (72 hours) before your bronchoscopy</b>	<b>Day:</b> _____ (Fill in the day according to the timeline table)

- 支气管镜检查前 72 小时**, 停止服用以下糖尿病/减肥药物: 贝沙格列净 (Brenzavvy®)、恩格列净 (Jardiance®)、达格列净 (Farxiga®)、卡格列净 (Invokana®)、达格列净和沙格列汀 (Qtern®)、达格列净和二甲双胍 (Xigduo® XR)、卡格列净和二甲双胍 (Invokamet®、Invokamet® XR)、恩格列净和二甲双胍 (Synjardy®、Synjardy® XR) 以及恩格列净和利格列汀 (Glyzambi®)。
- 72 hours before your bronchoscopy**, stop taking the following diabetic/weight loss medications: bexagliflozin (Brenzavvy®), empagliflozin (Jardiance®), dapagliflozin (Farxiga®), canagliflozin (Invokana®), dapagliflozin and saxagliptin (Qtern®), dapagliflozin and metformin (Xigduo® XR), canagliflozin and metformin (Invokamet®, Invokamet® XR), empagliflozin and metformin (Synjardy®, Synjardy® XR), and empagliflozin and linagliptin (Glyxambi®).

<b>当天 支气管镜检查</b>	<b>星期:</b> _____ (请依照时间表填入星期幾)
<b>The day of your bronchoscopy</b>	<b>Day:</b> _____ (Fill in the day according to the timeline table)

- 从程序前一天晚上的凌晨 12:00 (午夜) 开始, 除了喝几口水外, 不要吃或喝任何东西。禁用口香糖、糖果、吸烟或咀嚼烟草。
- Starting at 12:00 AM (midnight) the night before your procedure, don't eat or drink anything other than sips of water. No gum, candy, smoking, or chewing tobacco.
- 如果您每天使用一次索马鲁肽 (Ozempic®、Wegovy®)、度拉糖肽 (Trulicity®) 或替尔泊肽 (Mounjaro®), 请在程序当天停止使用。
- If you take semaglutide (Ozempic®, Wegovy®, Rybelsus®), liraglutide (Saxenda®), dulaglutide (Trulicity®), or tirzepatide (Mounjaro®) every day, do not take it on the day of your procedure.
- 您可以在**预约时间前至少 4 小时**用少量水服用所有其他必要的药物, 包括降压药。
- You may take all your other necessary medications, including blood pressure medications, with a small amount of water **up to 4 hours before your appointment time.**
- **在您到达 MPU 进行医疗程序 2 小时前**, 请停止饮用所有液体, 包括水。
- **2 hours before your arrival to the MPU for your procedure, stop drinking all liquids, including water.**

## 程序当天我该去哪里?

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

您应该到位于大学医院 (University Hospital) 2 楼的医疗程序单位 (MPU) 报到。下面有一张地图供您参考。更多详情可在以下网站找到: <http://michmed.org/5LbmP>

You should go to the Medical Procedures Unit (MPU), which is located on Floor 2 of University Hospital. There is a map below for your reference. More details can be found on the following website: [michmed.org/5LbmP](http://michmed.org/5LbmP).



**Map Legend**

information/ registration	valet parking/ patient drop off	escalator	stairs	access route
parking	building entry/exit	elevator	restroom	

**MICHIGAN MEDICINE**  
UNIVERSITY OF MICHIGAN

**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

Pulmonary and Critical Care Medicine  
 Preparing for a Bronchoscopy (Chinese)

## 前往医疗程序单位的路径指示：

### Directions to the Medical Procedures Unit:

- 医疗程序单位 (MPU) 位于大学医院 (University Hospital) 的二楼。最近的停车位在 P2 停车场, 或陶布曼 (Taubman) 主入口处的代客泊车处。
- The MPU is located on the second level of University Hospital. The closest parking is in parking garage P2 or the Taubman Center valet at the main entrance.
- 从陶布曼中心 (Taubman Center) 的主入口, 乘电梯到 2 楼。出电梯后, 进入陶布曼中心, 向右转。往前走到走廊尽头, 向左转。穿过您右边的双门入口 (在电梯对面), 这将带您走进大学医院 (University Hospital)。到第一条走廊立即向右转, 那里将有一个医疗程序单位 (Medical Procedures Unit) 的标志。沿着走廊继续走, 经过小礼拜堂, 进入医疗程序单位 (MPU)。
- 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.

## 一旦我到达 MPU 进行医疗程序, 会发生什么?

### What will happen once I arrive at the MPU for my procedure?

- 在接待区, 您将回答有关您健康史、目前的药物和过敏症的问题。

In the reception area, you will answer questions about your health history, current medications, and allergies.

- 您将审查程序风险并签署一份同意书。

You will review the procedure risks and sign a consent form.

- 在您换上医院的袍子后，护士将会插一个静脉导管(IV)。静脉导管是用来给您药物，让您在程序过程中比较舒适。

After you change into a hospital gown, a nurse will start an intravenous line (IV). We use this IV to give you medication to make you more comfortable during the procedure.

- 有些患者的程序只需要**清醒（“黄昏”）镇静**。这是一种可以放松您的药物，并且通常会让您在程序的过程中入睡以保持舒适。为了您的舒适，我们将在程序开始之前麻木您的鼻子和喉咙。
- Some patients have procedures that only need **conscious (“twilight”) sedation**. This is medication that relaxes you and often makes you sleep to keep you comfortable during the procedure. For your comfort, we will numb your nose and throat before starting the procedure.
- 有些患者可能需要**插管(插一个呼吸管)**以进行程序。如果您需要插管，您将进入睡眠状态，然后麻醉医生将会放置呼吸管进行医疗程序。
- Some patients may need **intubation (inserting a breathing tube)** for their procedure. If you need intubation, you will be put to sleep, and then the anesthesia doctors will place the breathing tube for the procedure.

## **程序过程中会发生什么？ What will happen during the procedure?**

- 该程序是在一个专为支气管镜检查程序设计的房间里进行。監視的儀器會接在您身上，以助醫生與護士監視您的心跳及呼吸。

We will do the procedure in a room specially designed for bronchoscopy procedures. We will use equipment that will help the nurse and doctor monitor (check) your heartbeat and breathing during the procedure.

- 一位在支气管镜检查方面受过专科训练的医生，以及至少一名助手会进行该程序。

A doctor specially trained in bronchoscopy, and usually at least 1 assistant, will do the procedure.

- 开医嘱的医生可能不是为您进行程序的医生，但是开医嘱的医生和为您进行程序的医生会讨论需要进行的测试。

The doctor who ordered your procedure may not be the one who performs it, but the ordering and performing doctors will have talked about the necessary tests they'll need to do for you.

- 每个患者的支气管镜检查都不同，具体取决于他们的病情。支气管镜检查可能只检查气道，有些可能需要液体冲洗，有些可能会进行活检（去除一些组织进行测试）。您的医生会解释您需要进行哪些检查。

Each patient's bronchoscopy is different, depending on their condition. Bronchoscopies may just look at the airways, some may take fluid washings, and some may take biopsies (removing a bit of tissue for testing). Your doctor will explain what testing you will need.

- 大多数患者在支气管镜检查中没有疼痛（即使他们的医疗程序包括活检）。您可能会咳嗽，但您的肺部对疼痛不敏感。

Most patients do not have pain with bronchoscopies (even if their procedure includes a biopsy). You may experience coughing, but your lungs are not sensitive to pain.

## **支气管镜检查有哪些风险？ What are the risks of a bronchoscopy?**

严重的并发症（由您的程序引起的医疗问题）极为罕见。然而，和所有医疗程序一样，也会有潜在的并发症。在您签程序同意书时，我们会向您说明这些并发症的风险。

Serious complications (medical problems caused by your procedure) are extremely rare. However, there are possible complications with all medical procedures. We will explain these complication risks to you at the time you sign your consent form for the procedure.

## **程序时间有多长？ How long is the procedure?**

程序大概需要 30 到 90 分钟，但预计您在医疗程序单位（MPU）的时间将持续 2 到 4 个小时，以便您可以准备和恢复。

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

## **支气管镜检查后我应该预测会发生什么？**

### **What should I expect after my bronchoscopy?**

#### **从 MPU 出院 Discharge from the MPU**

- 程序结束后，您将被送到恢复区。如果您愿意，一位成年人可以在此与您会合。  
After your procedure, we will take you to the recovery area. One adult person may join you there, if you wish.
- 您的医生可能会在您的程序后为您安排一次胸部 X 光检查。  
Your doctor may order a chest x-ray for you after your procedure.
- 当您可以回家时，护士会告诉您出院指示并回答您的问题。

When you are ready to go home, the nurse will tell you your discharge instructions and answer your questions.

- 您将收到一份关于您的程序的摘要。大多数活检结果至少需要 2-3 天才会出来，有些结果需要更长时间。为您开医嘱的医生（或其诊所代表）将在结果出来时与您一起查看。

You will receive a summary of your procedure. Most biopsy results take at least 2-3 days before they're available, and some results take longer. Your doctor (or their clinic representative) who ordered the procedure for you will review the results with you when they are available.

- 您不可以自己开车回家，而且您最好有家人或朋友在当天剩余的时间里陪着您。

You may not drive yourself home, and you may want a family member or friend to stay with you for the rest of the day.

### **支气管镜检查的副作用 Side effects from bronchoscopy**

- 做完活检后，常见的是有一些声音嘶哑会持续 1-2 天；

After a biopsy, it is common to have some hoarseness (a weak or scratchy voice) that lasts 1-2 days.

- 痰液（唾液）中有少量血液也很常见。

It's also common to see a small amount of blood in your phlegm (saliva).

- 有些人在支气管镜检查后一天会出现低烧(华氏 99-100° )。

Some people will experience a low-grade fever (99-100° F) a day after bronchoscopy.

- 如果您担心支气管镜检查后的血量、发烧或任何其他症状，请在周一至周五上午 8: 00 至下午 5: 00 致电（734） 936-9250 联系医疗程序单位。



If you are concerned about the amount of blood, fever, or any other symptoms after your bronchoscopy, call the Medical Procedures Unit at (734) 936-9250 on Monday through Friday from 8:00 AM - 5:00 PM.

- 如果在这些时间之外，请致电 (734) 936-6267 联系医院接线员，并要求与值班的肺科医生交谈。

If it is outside these hours, call the hospital operator at (734) 936-6267 and ask to speak to the pulmonary doctor who is on call.

- 如果您在程序后 24 小时以上仍然看到唾液中有血，请致电您的医生。

Call your doctor if you are still seeing blood in your saliva more than 24 hours after your procedure.

## **支气管镜检查后，我可以做哪些活动，我应该避免哪些活动？**

### **What activities can I do, and what activities should I avoid, after my bronchoscopy?**

- 在程序当天，不要做任何重大的法律或财务决定。

On the day of your procedure, do not make any major legal or financial decisions.

- 在程序后至少 12 小时内，不要驾驶车辆、操作机械，或喝任何的酒或使用消遣性的药。

For at least 12 hours after the procedure, do not drive a vehicle, operate machinery, drink any alcohol, or use recreational drugs.

- 除非您的医生另有说明，否则您可以在程序后的第二天恢复正常活动、药物和饮食。

Unless your doctor tells you otherwise, you may go back to your regular activities, medications, and diet the day after your procedure.

- 在大多数情况下，您可以在程序后的第二天返回工作或学校。

In most cases, you may return to work or school the day after your procedure.

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