

# Preparing for a Bronchoscopy

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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.

## What is a bronchoscopy?

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.

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.

## Planning for your bronchoscopy

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

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

- Your procedure will not start until your responsible adult is there with you and we've made sure you have a ride home.
- You may not travel by taxi or bus unless you are with your responsible adult, and you may not walk home after the procedure.

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

- 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.
- Read this handout and view the video at: [bit.ly/MM-bronchoscopy](http://bit.ly/MM-bronchoscopy) to understand your informed consent.

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

- 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.
  - Common blood thinners include apixaban (Eliquis<sup>®</sup>), rivaroxaban (Xarelto<sup>®</sup>), warfarin (Coumadin<sup>®</sup>), clopidogrel (Plavix<sup>®</sup>), ticagrelor (Brilinta<sup>®</sup>), and enoxaparin (Lovenox<sup>®</sup>).
- You do not need to stop taking aspirin before your bronchoscopy.

**If you have diabetes, you must contact your doctor.**

- 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.

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

- On the day of your procedure, bring the following with you:
  - A list of all the medications you are taking
  - Your list of allergies
  - Health insurance cards
- If you have a CPAP machine that is portable, bring it with you to your appointment.
- Please leave all jewelry at home.
- Please do not bring small children to your procedure.

- 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.

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

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.

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

**My appointment is:** \_\_\_\_\_  
(Date and arrival time)

**Timeline table:**

<b>My appointment is on:</b>	<b>7 days before is:</b>	<b>4 days before is:</b>	<b>3 days before is:</b>
Monday	Monday	Thursday	Friday
Tuesday	Tuesday	Friday	Saturday
Wednesday	Wednesday	Saturday	Sunday
Thursday	Thursday	Sunday	Monday
Friday	Friday	Monday	Tuesday
Saturday	Saturday	Tuesday	Wednesday
Sunday	Sunday	Wednesday	Thursday

**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 days before your bronchoscopy</b>	<b>Day:</b> _____ (Fill in the day according to the timeline table)
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- Stop taking phentermine (Adipex-P<sup>®</sup>, Lomaira<sup>™</sup>, Fastin<sup>®</sup>, Phentercot<sup>®</sup>) and phentermine and topiramate (Qsymia<sup>®</sup>). These are weight loss medications.
- If you inject semaglutide (Ozempic<sup>®</sup>, Wegovy<sup>®</sup>, Rybelsus<sup>®</sup>), liraglutide (Saxenda<sup>®</sup>), dulaglutide (Trulicity<sup>®</sup>) or tirzepatide (Mounjaro<sup>®</sup>) once a week, do not inject it the week before your procedure.

<b>4 days (96 hours) before your bronchoscopy</b>	<b>Day:</b> _____ (Fill in the day according to the timeline table)
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- **96 hours before your bronchoscopy**, stop taking the following diabetic/weight loss medications: ertugliflozin (Steglatro<sup>®</sup>), ertugliflozin

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

<b>3 days (72 hours) before your bronchoscopy</b>	<b>Day:</b> _____ (Fill in the day according to the timeline table)
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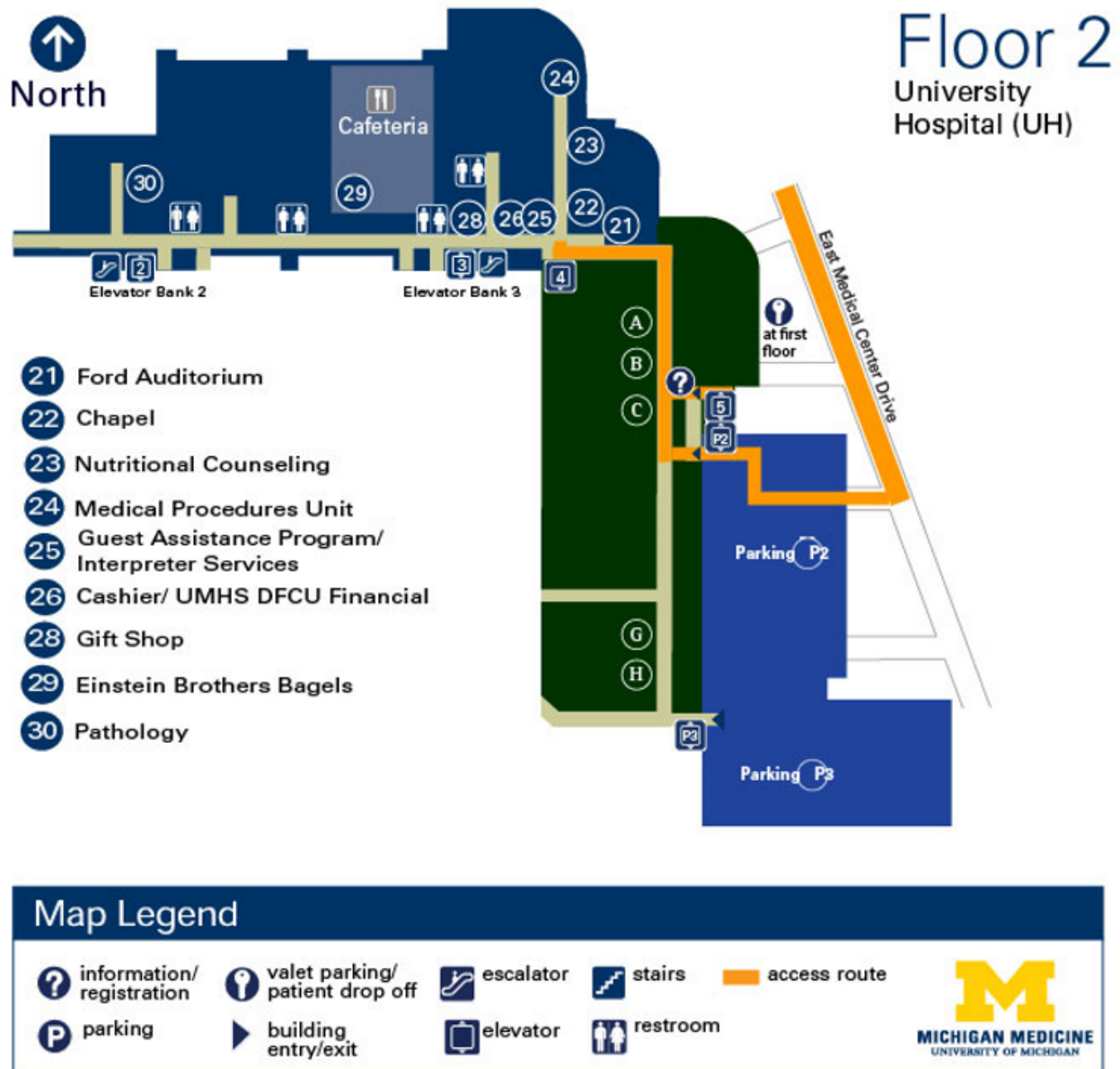
- **72 hours before your bronchoscopy**, stop taking the following diabetic/weight loss medications: bexagliflozin (Brenzavvy®), empagliflozin (Jardiance®), dapagliflozin (Farxiga®), canagliflozin (Invokana®), dapagliflozin and saxagliptin (Qtern®), dapagliflozin and metformin (Xigduo® XR), canagliflozin and metformin (Invokamet®, Invokamet® XR), empagliflozin and metformin (Synjardy®, Synjardy® XR), and empagliflozin and linagliptin (Glyxambi®).

<b>The day of your bronchoscopy</b>	<b>Day:</b> _____ (Fill in the day according to the timeline table)
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- **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.**
- 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.
- 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.**
- **2 hours before your arrival to the MPU for your procedure**, stop drinking all liquids, including water.

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

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).



### 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

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### **Directions to the Medical Procedures Unit:**

- 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.
- 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.

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

- In the reception area, you will answer questions about your health history, current medications, and allergies.
- You will review the procedure risks and sign a consent form.
- 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.
  - 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.
  - 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.

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

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

## **What are the risks of a bronchoscopy?**

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.

## **How long is the procedure?**

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.



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

### **Discharge from the MPU**

- After your procedure, we will take you to the recovery area. One adult person may join you there, if you wish.
- Your doctor may order a chest x-ray for you after your procedure.
- When you are ready to go home, the nurse will tell you your discharge instructions and answer your questions.
- 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.
- 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.

### **Side effects from bronchoscopy**

- After a biopsy, it is common to have some hoarseness (a weak or scratchy voice) that lasts 1-2 days.
- It's also common to see a small amount of blood in your phlegm (saliva).
- Some people will experience a low-grade fever (99-100° F) a day after bronchoscopy.
- 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.
  - 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.
- Call your doctor if you are still seeing blood in your saliva more than 24 hours after your procedure.

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

- On the day of your procedure, do not make any major legal or financial decisions.
- For at least 12 hours after the procedure, do not drive a vehicle, operate machinery, drink any alcohol, or use recreational drugs.
- Unless your doctor tells you otherwise, you may go back to your regular activities, medications, and diet the day after your procedure.
- In most cases, you may return to work or school the day after your procedure.

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