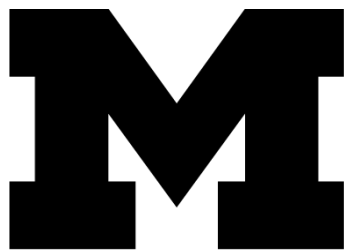


# **Preparing for your Endobronchial Valve Placement**

**Division of Pulmonary and Critical Care  
Medicine**



**MICHIGAN MEDICINE**  
UNIVERSITY OF MICHIGAN

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## **What is endobronchial valve placement?**

The Zephyr® Valve is a type of endobronchial valve. During the placement procedure, 3 to 5 tiny valves are placed in your airways which allow the healthier parts of your lungs to expand, and lift pressure off the diaphragm to help you breathe more easily. These tiny devices are implanted in the airways of the lungs and act as one-way valves. They block off diseased parts of the lung and allow healthier regions to expand and function more efficiently.

This guide is for patients who are going to have the Zephyr® endobronchial valve placement. It answers some of the most commonly asked questions. If you have additional questions, talk to your doctor or nurse. More information is available at [www.MyLungsMyLife.com](http://www.MyLungsMyLife.com).

Your Interventional Pulmonary team includes your pulmonary doctor, pulmonary nurses, medical assistants, and schedulers. We will coordinate your care and communicate with you.

My procedure date: \_\_\_\_\_

My procedure location: \_\_\_\_\_

**Call us right away if you have any change to your condition or if you are experiencing new or worsening symptoms before your procedure.**

- During business hours (Monday - Friday, 8 am to 5 pm): Call the Interventional Pulmonology Program at **(888) 287-1084**.
- After business hours, on weekends or holidays: Call the paging operator at **(734) 936-6267** and ask for the Interventional Pulmonology doctor on call.

## **How should I prepare for the procedure?**

Please read the instructions below carefully to prepare for your procedure. If you have any questions about these instructions, please contact us.

- During business hours (Monday - Friday, 8 am to 5 pm): Call the Interventional Pulmonology Program at **(888) 287-1084**.
- After business hours, on weekends or holidays: Call the paging operator at **(734) 936-6267** and ask for the Interventional Pulmonology doctor on call.

### **Blood Thinners**

If you are taking any blood thinners (anticoagulant medications), your pulmonary team will discuss this with you at your clinic visit. Your clinic team will tell you if your medication needs to be adjusted or stopped before your procedure.

### **Diabetes**

If you have diabetes, any 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 for your plan.

### **The day before your procedure**

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:

- Do not eat or drink anything, except for your medications, after midnight the day of surgery. This means no coffee, hard candy, gum, food, water, or liquids of any kind.

- Take your necessary medications with enough water (small sips) to swallow them.

### **The day of your procedure**

- Remove all jewelry, hair clips, and body piercings before coming to the hospital.
- Do not wear makeup, deodorant, lotion, or powder.
- Bring the following with you on the day of your procedure
  - A button up shirt
  - List of all medications you are taking
  - List of allergies
  - Health insurance cards
  - Advance directives, if applicable
  - A case for your eyeglasses or contact lenses.
  - Do not bring jewelry or other valuables
  - Please note, small children will be more comfortable at home

### **Where will the procedure be performed?**

Your procedure will be performed in our Medical Procedures Unit (MPU) or University Hospital operating rooms located at 1500 E. Medical Center Drive, Ann Arbor, MI 49109. Your team will tell you which location to report to when they arrange the procedure with you. Detailed driving instructions, parking information, and maps are available on our website at:

<https://www.uofmhealth.org/patient-visitor-guide/patients>.

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

The length of the procedure will generally be about 60 minutes. After the procedure, you will be admitted to the hospital and you will stay for 3-5 days.

## **What can I expect during the procedure?**

A doctor specially trained in interventional pulmonology procedures will perform the procedure.

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 needed to give you medication to make you more comfortable during the procedure. The procedure is performed in a room specially designed for pulmonology procedures.
4. The nurse and doctor will use special equipment to monitor your heartbeat and breathing.
5. Your procedure will be performed by your doctor.
6. You will be admitted to the inpatient unit for 3-5 days.

## **What can I expect during the hospital stay?**

1. Your doctor and inpatient team will monitor you closely.
2. You will not be allowed to lift your arm above your head, on the same side that the valves are placed, for 2 weeks after the procedure. Please bring a button up shirt to wear home.
3. You will have frequent chest X-rays - several on the day of the procedure and at least daily until you go home.
4. You will be on bed rest for the day of the procedure.
5. You will start working with a physical therapist in the hospital on the day after the procedure.

6. You will receive frequent nebulizer treatments and medications to reduce coughing in order to prevent dislodging the valves.
7. You will go home when your doctor feels you are ready.
8. You will receive a medical identification card and bracelet that you should keep with you at all times.
9. You will receive instructions on how to care for yourself at home.


### **What are the benefits and risks?**

Some benefits you may experience include increased exercise capacity, ability to do more daily life activities, increased lung function, and better quality of life. There are potential complications associated with all medical procedures. We will explain the risks to you in detail when you sign your consent for the procedure.

### **How will I care for myself after the procedure?**

We encourage you and your caregiver to carefully review the information below to prepare you for the procedure and your after care.

You will receive a wallet-sized patient **information card** (patient ID card) that says you have one or more valve implants in your lung. It will also have the contact information of your doctor. Please keep this card with you at all times and show it to anyone who gives you medical care, including any emergency room medical staff. Please show your patient ID card to anyone who plans to perform an MRI scan on you. You will also receive a **medical alert bracelet** that shows you have a high risk of pneumothorax (a collapsed lung). Wear this at all times.

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Patient Name: _____ DOB: _____ U/M MRN: _____ This patient has undergone Endobronchial Valve Placements on ____ / ____ / ____ in the _____ lobe.
If the Patient is in Respiratory Distress, consider lung collapse (Pneumothorax) and contact 911. Have the Hospital/Emergency Department contact Michigan Medicine and ask them to page Dr. Jose Cardenas-Garcia, Interventional Pulmonology Program. MLine 800-962-3555 Michigan Medicine Hospital Operator 734-936-4000



**What are my restrictions after my procedure?**

- Do not lift your arm above your shoulder on the side where the valves were placed for 2 weeks.
- Do not travel by airplane for 3 months.
- You need to live with someone who can care for you **and** who lives within 30 minutes of a hospital for 45 days after your procedure.

**What is the follow up care after my procedure?**

- You will continue to use the medicines that your doctor has prescribed for your severe emphysema.
- You will have several follow up appointments in the Interventional Pulmonology Clinic. These visits will include a chest X-ray, hall walk test, and pulmonary function tests (PFTs). Our program will call you to schedule this.
  - 10-14 days after your discharge from the hospital.
  - 6 weeks after the procedure.
  - 1 year after the procedure.
- You will be referred to a pulmonary rehabilitation program which you will start approximately 4 weeks after your discharge.



- You will receive a daily phone call from your Interventional Pulmonology nurse (except weekends and holidays) for the first 10 days after you go home. This phone call will appear to be from (734) 232-0000.

## **How and when should I contact my doctor?**

During business hours (Monday - Friday, 8 am to 5 pm): Call the Interventional Pulmonology Program at **(888) 287-1084**.

After business hours, on weekends or holidays: Call the paging operator at **(734) 936-6267** and ask for the Interventional Pulmonology doctor on call.

It is especially important to pay attention to symptoms within the first 2 weeks after any procedure.

Call 911 or go to the nearest emergency room if you have:

- Sudden chest pain
- Popping sensation in your chest
- Any other life-threatening emergency symptoms

Call us if you have:

- New or worsening shortness of breath
- Cough
- Rapid heart rate
- Sudden dizziness
- Changes or difficulty in your breathing
- A temperature of 100.4 °F (38 °C) or higher
- Chills
- Any other concerning symptoms

Disclaimer: This document contains information and/or instructional materials developed by Michigan Medicine for the typical patient with your condition. It may include links to online content that was not created by Michigan Medicine and for which Michigan Medicine does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

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