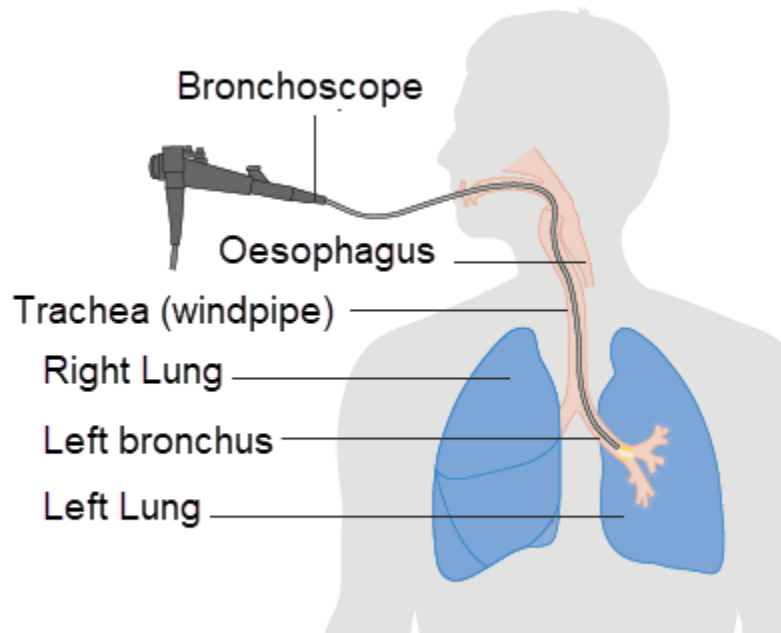


# Preparing for a Therapeutic Bronchoscopy

## 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. Bronchoscopy can be **diagnostic** (helping your doctor determine a diagnosis or treatment plan) or **therapeutic** (delivering a treatment to help improve your symptoms). **Therapeutic bronchoscopy** includes a variety of procedures for the treatment of tumors, air leaks, drug application, removal of foreign bodies, and removal of sputum. You may receive any of the following procedures:

- **Rigid Bronchoscopy:** is inserting a bronchoscope to access the airway and allow the passage of larger airway instruments and cameras to diagnose and treat airway disease. This form of bronchoscopy is done by highly trained specialists.



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- **Flexible Bronchoscopy:** is passing a flexible scope with a camera at its end into the lungs to examine your airways.
- **Airway ablation:** is removing obstructions and opening the airways for patients with blocked or scarred airways.
- **Balloon dilation:** is expanding narrowed airways via a balloon passed through a bronchoscope.
- **Airway stent:** is placing a prosthetic device into the lungs to help keep the airways open.
- **Bronchoscopic fiducial placement and lung tattooing:** are advanced bronchoscopic techniques used to locate and mark lesions by implanting fiducial seeds (metal marker) and using ink (tattoo). This helps to minimize the amount of tissue resected by our thoracic surgeons.
- **Endobronchial drug delivery:** is injecting medications directly into your airways.
- **Electrocautery, Argon Plasma Coagulation (APC) and laser:** are treatments delivered through a flexible or a rigid bronchoscope to treat airway bleeding or remove tissue or airway cancers.
  - **Electrocautery** is passing electricity through a probe that causes heat to build up at the end of the probe. This produces a burn to the tissue, removing it.
  - **Argon plasma coagulation (APC)** is using a gas ignited by an electric spark to create a plasma beam that causes tissue to burn.

This guide is for patients who are going to have a therapeutic 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:** \_\_\_\_\_

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

Your procedure will be performed in our University Hospital Medical Procedures Units (MPU) or located at 1500 E. Medical Center Drive, Ann Arbor MI 49109. 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 procedure will take about 30 to 90 minutes, but expect your visit to last 2 to 4 hours so you can prepare and recover.

## **How should I plan 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 on site during your **entire** visit. They may request 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.

## **Let your pulmonary doctor know if you take blood thinners**

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

### **If you have diabetes 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 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.

### **What are my pre-procedure instructions?**

#### **Diet:**

#### **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).

#### **Medications:**

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

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

- **If you use a CPAP machine and it is portable, bring your machine 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.

## **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 procedures 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. The nurse and doctor will use special equipment to monitor your heartbeat and breathing.
5. 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.
6. You will receive medication through the bronchoscope to numb the airways as the doctor examines them. There is usually no pain associated with these procedures even if a biopsy is done.

## **What are the risks?**

Complications are rare. However, there are potential complications associated with all medical procedures. We will explain these to you at the time you sign your consent for the procedure.

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

- After your procedure, you will be taken 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 give you your discharge instructions and answer your questions.
- You will receive a summary of your procedure.
- 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.

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

- Do not make any major legal or make any financial decisions the day of your procedure.
- For at least 12 hours after the procedure, do not drive a vehicle, operate machinery, or drink alcoholic beverages.
- Unless otherwise instructed, you may resume your activities, medications, and diet, the day after your procedure.
- In most cases, you may return to work or school the day after your procedure.

## **What can I expect at home?**

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.

Call us if you have any of the following signs or symptoms:

- Bleeding the day after the procedure.
- Changes or difficulty in your breathing
- Coughing up blood

- A temperature of 100.4 °F (38 °C) or higher
- Chills

### **What is the number to call?**

- During business hours (Monday - Friday, 8 am to 5 pm): Call the Interventional Pulmonary 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 Pulmonary doctor on call.

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