

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，把管子插入您的肺部气道。这个程序可以让医生查看气道是否有任何不正常的地方。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。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。

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.

本指南乃针对即将进行支气管镜检查的病人而准备。它回答一些最常见的问题。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 commonly asked questions. If you have additional questions, talk to your doctor or nurse for more information.

您的程序安排在: Your procedure is scheduled for:

日期: _____ 时间: _____

Date: _____ Time: _____

- 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 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.

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 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.

我将如何为支气管镜检查做准备？

How will I prepare for the bronchoscopy?

- 因为您将接受镇静剂，所以要协调一位**负责的成年人（18岁或以上）**在程序当天陪您。

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

- 在陪同您的成年人到场，并确认您的交通工具之前，您的程序**不会**开始。此人应计划在您**整个**程序期间留在医疗程序单位（MPU）。如果需要的话，可以给他们一个传呼机，这样他们就可以去食堂，也可以在附近等待。

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.

- 除非有负责的成年人陪同，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 accompanied by a responsible adult, and you may not walk home after the procedure.

药物: Medications:

- 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，您可能需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.**

- 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** prior to bronchoscopy.

糖尿病: Diabetes:

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 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.

遵循这些饮食指示: Follow these diet instructions:

程序前一天: The day before the procedure: 在程序前一天，您可以吃您的正常饮食。

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

从程序当天的午夜开始 : Starting at midnight on the day of the procedure:

停止吃**所有**固体食物和液体，包括水。（不能嚼口香糖、吃糖果或吸烟）。

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

用药: Medication:

服用必要的药物，包括降压药，用足够的水来吞下它们。您应在预约时间前至少4小时服用您的药物。

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.

在支气管镜检查的当天，请携带下列物品: Bring the following with you on the day of your bronchoscopy:

- 如果您有可便携式持续气道正压 (CPAP) 机器，请带上它。 If you have a CPAP machine that is portable, bring it with you.
- 您正在服用的所有药物清单 List of all medications you are taking
- 过敏症清单 List of allergies
- 健康保险卡 Health insurance cards

请勿携带下列物品: Do not bring the following:

- 请将珠宝留在家中。 Please leave jewelry at home.
- 小孩子在家里会比较舒服。 Small children will be more comfortable at home.

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>

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

You should report to the Medical Procedures Unit (MPU) which is located on the 2nd 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>

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

一位在支气管镜检查方面受过专科训练的医生，以及至少一名助手将进行该程序。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须要进行的测试。

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. 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 medicines and allergies.

2. 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

3. 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。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。

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. 有些设备将会用来帮助护士和医生监测您的心跳和呼吸。为了让您感到舒适，在医生将支气管镜放入气道之前，先会麻醉您的鼻子和喉咙，也会给您镇静剂。麻醉科将为一些程序提供镇静剂。

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. 在医生检查气道时，将通过支气管镜给药来麻痹气道。这种检测通常不会疼痛，即使是做活组织检查。

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.

有什么风险？ What are the risks?

并发症极为罕见。然而，和所有医疗程序一样，也会有潜在的并发症。这些将在您签署程序同意书时为您说明。

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.

我在恢复区应该期待什么？ What should I expect in recovery?

1. 程序结束后，您将被送到恢复区。如果您愿意，一位成年人可以加入您的行列。

After your procedure, you will be taken to the recovery area. One adult person may join you there, if you wish.

2. 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.

3. 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.

4. 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。

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. 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 remainder of the day.

6. 做完活检后，常见的是有一些声音嘶哑会持续 1-2 天；痰中有少量血也很常见。此外，有些人在支气管镜检查后一天会出现低烧。如果您担心血量、发烧或任何其他症状，请致电医疗程序单位（Medical Procedures Unit），电话是(734) 936-9250。如果是在下班时间之后，请致电**医院总机 (734) 936-6267，并要求与值班的肺专科培训医师通话。**

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.**

我在家中如何照顾自己? How will I care for myself at home?

1. 在程序当天，不要做任何重大的法律或财务决定。

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

2. 在程序后至少 12 小时内，不要驾驶车辆、操作机械，或饮用含酒精的饮料。For at least 12 hours after the procedure, do not drive a vehicle, operate machinery, or drink alcoholic beverages.

3. 除非另有指示，您可以在程序后的第二天恢复您的活动、药物和饮食。

Unless otherwise instructed, you may resume your activities, medications, and diet, the day after your procedure.

4. 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.

5. 如果您在程序后的第二天有出血现象，请给医生打电话。

Call your doctor if you are having bleeding the day after the procedure.

大学医院(University Hospital)医疗程序单位(Medical Procedures Unit)

1500 E. Medical Center Dr. 2 楼, 2B353 室, Ann Arbor, MI 48109

本地 (734) 936-9250 或免费电话 877-758-2626

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



路径指示 医疗程序单位 (MPU) 位于大学医院 (University Hospital) 的第二层楼。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。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 (Medial 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)。

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 Medial Procedures Unit. Continue down the hallway, past the chapel and into the MPU.

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