

# Preparing for your Whole Lung Lavage

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## What is a whole lung lavage?

Whole lung lavage (WLL) is a procedure that uses saline (saltwater) solution to “wash out” the lungs. This procedure helps people who have pulmonary alveolar proteinosis (PAP). With PAP, deposits of a sand-like material build up in the alveoli (air sacs) of the lungs. Whole lung lavage helps to wash this material out of your lungs, helping you to breathe more easily.

This guide is for patients who are going to have a whole lung lavage procedure. It answers some of the most commonly asked questions. If you have additional questions, talk to your doctor or nurse for more information.

Your Interventional Pulmonology team includes your doctor, 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 anticoagulant medications (blood thinners), your 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**

For patients with 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.
- If required, your doctor will let you know if you should shower with an antibacterial soap.

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
  - 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 one of our University Hospital or Cardiovascular Center operating rooms, both 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 4-5 hours. You will be admitted to the hospital overnight for observation.

## **What can I expect during the procedure and in recovery?**

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 doctor will gently insert a tube through your mouth into your airways (trachea) to deliver the washing solution.
6. While viewing the inside of your lungs through a bronchoscope, your doctor will wash one lung at a time. Before washing the second lung, the doctor will make sure the first lung is ready to breathe when you wake up.
7. Your doctor will collect the solution as it comes out of the lungs to make sure the deposits are cleared from the lungs.
8. You will be admitted to the hospital following your procedure.

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

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

## **How do 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.

## 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.

Call us if you have:

- Changes or difficulty in your breathing
- A temperature of 100.4 °F (38 °C) or higher
- Chills
- Any other 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.

Authors: Muhammad Sajawal Ali MD, MS  
Alison Chege MSN, BSN, RN, OCN

Reviewers: Jose De Cardenas MD, Director of Interventional Pulmonology Program  
Plain Language Editor: Ruti Volk, MSI, AHIP  
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