

# Bronchoscopy

## Bronchoscopy

Your health care provider wants you to have a bronchoscopy to see your trachea (windpipe) and bronchial tubes.

He or she will gently insert a flexible, lighted tube (bronchoscope) through your nose (or your mouth) and into your lungs.

The tube is as thick as a thin pencil and has a bright light on the end of it.

Your health care provider will see areas of your trachea or bronchial tubes that could not be seen by X-ray. The exam is not painful. It takes about 30 minutes.

## Before the Exam

- You may need to have blood drawn for some lab tests.
- You will be asked to sign a consent form.
- If you are wearing glasses, you will be asked to remove them.
- Tell the health care provider if you have:
  - allergies to medicines
  - glaucoma
  - heart or lung disease
  - history of hepatitis
  - diabetes.

## ■ If you are an outpatient (coming to the hospital for the exam):

- Arrange to have someone drive you home. You will not be able to drive for 24 hours after the exam.
- Follow the food and liquid directions on the other side.
- Your health care provider will tell you if he or she does not want you to take any or all of your regular medicines.
- An intravenous (IV) line will be started in your hand or arm. You will get medicine through this IV line.
- You will be given a breathing medicine to numb your airway passages, nose and throat.

## During the Exam

- You will be given medicines to relax you and make your mouth dry.
- You will lie on your back. Your head will be raised slightly.
- Breathe normally to help you relax.
- You may feel slight discomfort when your health care provider inserts the scope.
- He or she may want to do a biopsy (taking tiny pieces of tissue from your trachea or bronchial tubes). Tissue samples will be sent to the lab.

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## After the Exam

- You may have a chest X-ray after your exam.
- You may feel dizzy or lightheaded from the medicines. If you are an outpatient, you will be in the recovery area until you are ready to go home. This takes about 2 hours.
- Your gag reflexes will return in 1 to 2 hours.
- Your throat may feel sore the rest of the day.
- When you can swallow a small amount of water, you may return to your normal diet.

### Food and Liquid Directions Before Your Procedure

These directions are based on your scheduled arrival time. Not following these directions could mean your procedure will be delayed or canceled.

#### Alcohol and tobacco: 24 hours

- Do not drink any alcohol 24 hours before your scheduled arrival time.
- Do not smoke, vape, use chewing tobacco or use any other tobacco products up to 24 hours before your scheduled arrival time.

#### Regular foods: 8 hours

- Eat your regular foods up to 8 hours before your scheduled arrival time.

#### Light solid foods: 6 hours

- You may eat light solid foods up to 6 hours before your scheduled arrival time.  
A light meal is:
  - juice or coffee with milk or cream
  - 1 piece of toast or 1 bowl of oatmeal or hot cereal.

- Do not eat any nuts or nut butters.
- Do not eat foods that are heavy or high in fat such as meat or fried foods.

#### Clear liquids: 2 hours

- Drink only clear liquids up to 2 hours before your scheduled arrival time.
  - Drink water, fruit juice without pulp, black coffee, clear pop or tea.
  - Do not have milk, yogurt or energy drinks.

#### Medicines

- Take your medicines as directed with a small sip of water.

#### Guidelines for babies

- **6 hours** before the scheduled arrival time
  - you may give formula.
- **4 hours** before the scheduled arrival time
  - you may give breastmilk.