

Bronchoscopy Procedures



Allina Health

Your Procedure

Date: _____

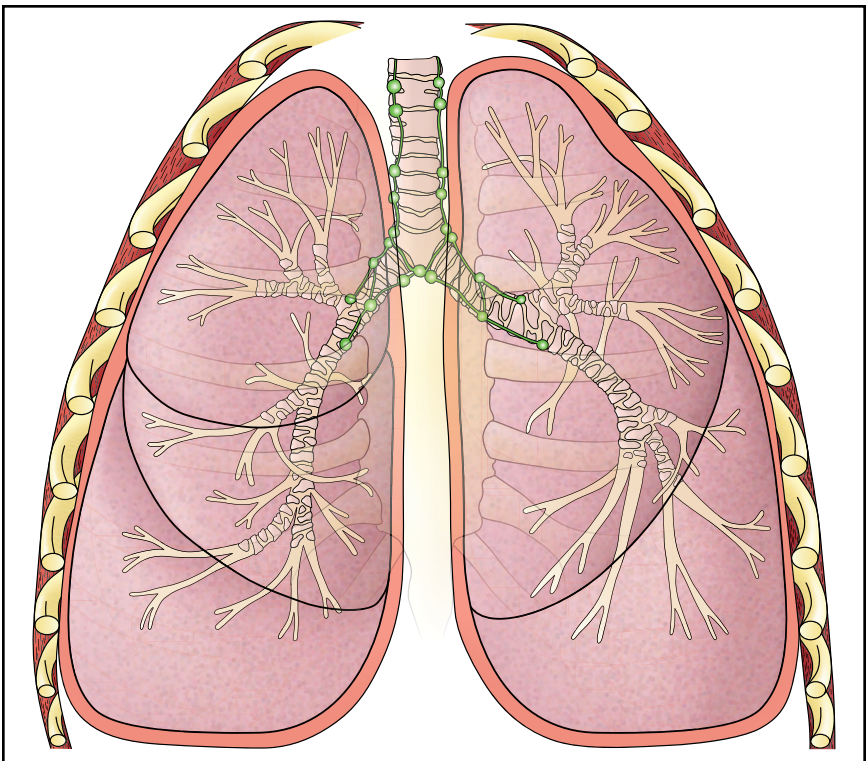
Doctor: _____

Location: _____

Phone number: _____

Arrival time: _____ a.m. / p.m.

Procedure time: _____ a.m. / p.m.



Normal lungs

Your Procedure

To help better understand your lung problem, you will need to have an exam of your airways, lungs, or both.

You may have one or more of these procedures:

❑ **Bronchoscopy**

- A bronchoscopy is an exam of your lungs including your trachea and bronchial tubes.
- Your doctor will gently insert a flexible, lighted tube (bronchoscope) through your nose (or your mouth) and into your lungs. They may take tissue samples (called a biopsy). If samples are taken, they will be sent to the lab for testing.
- The procedure usually takes about 30 to 60 minutes.

❑ **Bronchoscopy with endobronchial ultrasound (EBUS)**

- This procedure combines a bronchoscopy with endobronchial ultrasound to look at the lymph nodes that surround your bronchial tubes. Your doctor will look closely at ones that may be abnormal or enlarged. They may take samples from one or more lymph nodes and send them to the lab for testing.
- The procedure usually takes about 45 to 60 minutes.

❑ **Robotic-assisted Bronchoscopy (RAB)**

- This type of bronchoscopy allows your doctor to look at an area of your lungs (usually nodules) that cannot be reached by a regular bronchoscope. Your doctor may take tissue samples and send them to the lab for testing.
- The procedure usually takes about 60 to 90 minutes.

Moderate sedation or general anesthesia may be used during these procedures.

Preparing for Your Procedure

- **If you have diabetes**, talk with your primary care provider. Tell them that you will be following the “Food and Liquid Directions Before Your Procedure” on pages 4 to 5. Your primary care provider or the doctor doing this procedure may give you special instructions on how to take your medicines.
- **If you take clopidogrel (Plavix®) or any other antiplatelet medicine**, you will need to talk with your primary care provider, cardiologist, or the doctor doing the procedure about when you should stop taking this medicine.
 - In general, most people need to stop taking this medicine 5 to 7 days before the procedure.
 - The doctor doing the procedure will tell you when you may start taking this medicine again after the procedure.
- **If you take warfarin (Jantoven®)**, you will need to talk with your primary care provider, cardiologist, or the doctor doing the procedure about when you should stop taking this medicine.
 - In general, most people need to stop taking this medicine 5 days before the procedure.
 - You will have a blood test before the procedure to make sure it is safe to do the procedure.

- **If you take a novel oral anticoagulant (NOAC) medicine such as rivaroxaban (Xarelto®), dabigatran (Pradaxa®) or apixaban (Eliquis®), you will need to talk with your primary care provider, cardiologist, or the doctor doing the procedure about when you should stop taking this medicine.**
 - When you need to stop taking this medicine is different for each type of NOAC.
 - The doctor doing the procedure will tell you when you may start taking this medicine again after the procedure.
- **If you take aspirin, the doctor doing the procedure will tell you if you need to stop taking it. If you do stop taking it, you may start taking aspirin again after the procedure.**
- **During the procedure, you will be getting medicine to make you fall asleep. You will not be able to drive for 24 hours after the procedure. You will need to arrange to have someone drive you home from the hospital. If you do not have someone to drive you home, your procedure will be canceled.**
- **Arrange to have a responsible adult stay with you at home the first 18 to 24 hours after you leave the hospital.**
- Please bring a list of your current medicines (prescription, over-the-counter, vitamins, herbal or natural products) with you.
- Tell your health care provider if you are allergic to Novocain®.
- You will be asked to sign a consent form.

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 prescribed heart, blood pressure, asthma, anti-Parkinson's, steroid, seizure or pain medicines as directed with a small sip of water, unless your doctor gives you other instructions.

During the Procedure

- An intravenous (IV) line will be started in your arm or hand.
- You will be asked to lie on your back on the exam table. The nurses and doctor will help you get comfortable.
- You will be given medicine to make you fall asleep. You will not be awake during this procedure. In general, this procedure is not painful.

After the Procedure

- You may feel drowsy from the medicines. You will need to stay at the hospital for 2 to 3 hours after your procedure. **You will need to have someone drive you home and stay with you for the first 18 to 24 hours.**
- Your gag reflex will return in about 1 hour.
- If you stopped taking any medicines for this procedure, your primary care provider, cardiologist, or the doctor doing the procedure will tell you when it is OK to start taking them again.
- For the rest of the day:
 - you may have a sore throat
 - you may be tired
 - do not drive, operate heavy machinery or make any important or legal decisions
- You may have streaks of blood in your sputum (phlegm) for 1 to 2 days.
- You may return to your normal food and beverages later the same day. Do not drink alcohol for 1 day. Follow any instructions your doctor gave you.

When to Call Your Doctor or Seek Emergency Help

Call your doctor or go to the nearest hospital Emergency Department right away if you have any of these symptoms:

- cough up a mouthful of blood
- sudden chest or abdominal pain
- temperature higher than 101 F
- shortness of breath or trouble breathing.

Do not drive yourself to a hospital Emergency Department. Have someone else drive you.



Notes



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