

Patient Instructions

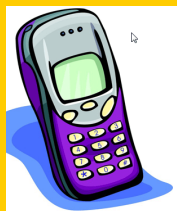
Location:

Time:

Date:

Medications that may be taken in AM of Bronchoscopy with sips of water:

Remember: do not eat or drink after midnight prior to your procedure



Please call with any questions:

732-549-7380

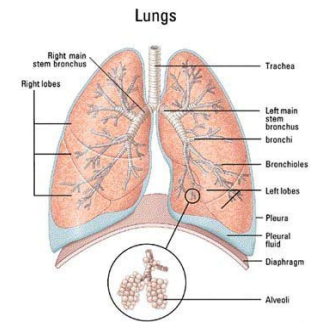
732-360-2255

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PATIENTS' GUIDE TO BRONCHOSCOPY

Pulmonary Internists

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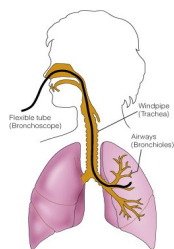
Bronchoscopy



Bronchoscopy is performed in a special room with the patient positioned on his or her back. The patient will receive a topical anesthetic in the form of an inhaled aerosol mist. The pulmonologist may apply additional topical medication to the nostril and also spray the patients throat. The anesthesiologist or pulmonologist will administer a medication intravenously which will allow the patient to relax, but remain arousable. The patient will receive extra oxygen during the procedure. After the anesthesia takes effect, the bronchoscope is inserted into the patient's mouth or nose and is then passed into the throat. While the bronchoscope is moving down the throat additional anesthetic is put into the broncho-

scope to anesthetize the lower airways. The physician observes the trachea, bronchi and the mucosal lining of these passageways looking for any abnormalities that

may be present. If samples are needed, a bronchial lavage may be performed, meaning that a saline solution is introduced to wash the area and collect cells for laboratory analysis. Very small brushes, needles, or forceps may be introduced through the bronchoscope to collect tissue samples from the lungs.



Preparation

The week before the test

Avoid taking any aspirin, Plavix, blood thinners (Coumadin or Warfarin) or ibuprofen-type medications for 7 days prior to the procedure. The week prior to bronchoscopy

testing may include an EKG, Chest X-ray and blood work.

Avoid smoking at least 24 hours before the test. Advise your

physician if you take blood thinners (including Pradaxa) so they can be safely discontinued before your procedure.



Don't Forget!

24 hours before the test

The patient should avoid eating or drinking for 6 to 12 hours prior to the procedure. The pulmonologist will give the patient specific instructions including which medications may be taken the morning of the test with a small amount of water.

The day of the test

Please have a friend or relative provide transportation to and from the procedure as you will not be able to drive on the day of the procedure.

Aftercare

After the bronchoscopy

After the bronchoscopy, vital signs (heart rate, blood pressure and respirations) are monitored for about 4 hours. Sometimes patients have an abnormal reaction to anesthesia. No food or drink should be consumed for about 2 to 4 hours after the procedure or until the anesthesia wears off. There is a significant risk for choking if anything (especially water) is ingested before the anesthetic wears off and the gag reflex has returned. After the anesthetic wears off, the throat may be irritated or the voice may be hoarse for several days.

Call immediately if you develop any of the following symptoms:

- Hemoptysis (coughing up blood) more than one teaspoon
- Shortness of breath, wheezing or any difficulty breathing
- Chest pain
- Temperature greater than 100.8 F



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