

Patient information factsheet

Bronchoscopy (B1)

You have had a bronchoscopy today

A bronchoscopy is a procedure that allows a doctor or nurse to examine your lungs and remove a small sample of cells.

As you have had a sedative injection, your physical and mental capabilities may be affected and you may feel drowsy. For your own safety and the safety of others, you should follow the advice below:

- **Do not** eat or drink until
- Before starting a normal diet, test your swallowing is back to normal by sipping some cold water. If you can feel yourself swallowing, you can eat and drink normally. If it does not feel normal, then wait another fifteen to thirty minutes and try again.
- When your swallowing feels normal, continue to take your normal medication unless you're advised otherwise.
- **Do not drive** or ride any type of bicycle for at least 24 hours.
- **Do not** operate any type of electrical or mechanical equipment or machinery for at least 24 hours.
- **Do not** sign any legally binding documents for at least 48 hours.
- **Do not** drink any alcohol for at least 24 hours.
- **You should not** be responsible for young children, disabled or dependent relatives for at least 24 hours.
- Rest quietly for the remainder of the day and if possible have someone stay with you overnight.

| | | | |
|-----------------|---------------|--|------------------------|
| Patient sticker | Throat Spray | | Tick boxes as required |
| | Sedation | | |
| | Biopsies/TTBx | | |
| | Brushings | | |
| | Washings | | |

Advice given by: (signature of nurse)

Following the procedure you may experience a sore throat and may cough up some blood. This is normal and should settle within 24 to 48 hours.

You may also have some pain or breathlessness.

If this does not settle, or you are at all concerned about your recovery, please contact the endoscopy unit on **023 8120 4392** (open 9am to 5pm) or your GP.

If you cannot contact either of these or your concern is out-of-hours, please contact the emergency department on: **023 8120 6220**.

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If you suddenly become short of breath (with or without pain) you must attend your nearest emergency department (take this sheet with you).

You can also get further advice by calling 111.

After your bronchoscopy appointment

When you are discharged from the endoscopy unit you should be given:

- a copy of your consent form
- an advice sheet on what you should and should not do
- follow up advice
- a verbal explanation of what we have done to you today and what we have found
- a prescription if required

If you need to see a GP within the next two weeks, please take this factsheet sheet with you.

If we are arranging an appointment for you to be seen in outpatients, a letter will be sent to you by post.

Please ask the nursing staff if you have any questions about your treatment or services within the endoscopy unit.

If you need any further advice not covered here, please contact patient support services on **023 8120 6325** or email **patientsupportservices@uhs.nhs.uk**

If you need a translation of this document, an interpreter or a version in large print, Braille or on audio tape, please telephone 023 8120 4688 for help.