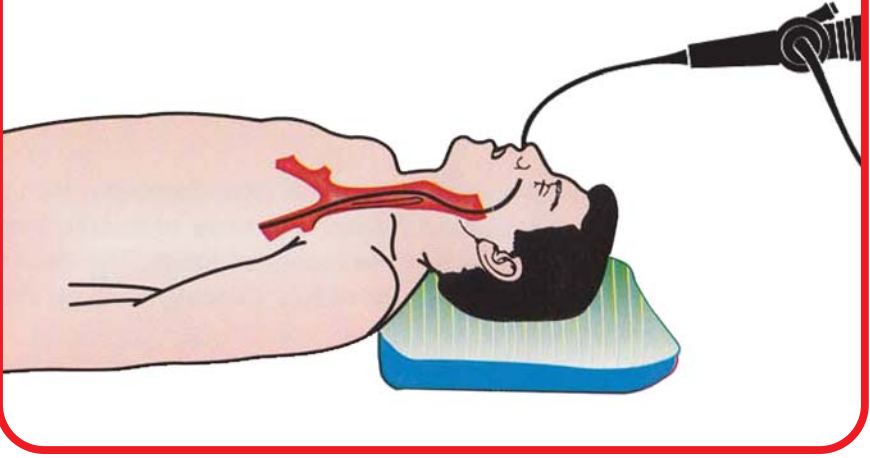


# Bronchoscopy

A GUIDE FOR PATIENTS/FAMILIES

A bronchoscope is used to view the airways and check for any abnormalities



This brochure provides information about Bronchoscopy. It is designed to respond to the questions most frequently asked by patients and their families.



آغا خان یونیورسٹی ہسپتال، کراچی

The Aga Khan University Hospital, Karachi



# Bronchoscopy

## What is Bronchoscopy?

It is a test that allows the doctor to look directly inside the wind pipe and the airways of the lungs. The test is usually done in the Endoscopy Suite in D2 ward.

## Why is This Test Done?

This test is done for two purposes:

- Diagnostic purpose;
- Therapeutic purpose.

## What Happens in This Test?

A long flexible tube about the width of a pencil (bronchoscope) with a bright light at the tip of it is passed through the nose or mouth, past the voice box, down the trachea into the bronchial tubes. The doctor may obtain a sample of secretions or tissue (biopsy) through the bronchoscope for analysis in the laboratory.

## How do I Prepare for the Test?

- If ordered by the doctor, the following blood tests must be done: APTT, PT, Hb, Platelet count and the results of these tests and any X-rays must be available before your bronchoscopy.
- Do not eat or drink for six hours before the procedure.
- Leave all jewellery including the nose-pin at home.
- Arrange for someone to drive you, home after the test.
- Do not wear contact lenses, dentures and other prosthesis.
- Bring all your X-rays and reports with you.

## On the Day of Admission:

Register at the Endoscopy suite at D2 ward located at second floor.

## What Happens in the Endoscopy Suite?

- The nurse / doctor will explain the test and ask you to sign a consent form.
- If you have any concerns please ask. Also, tell the doctor if you are asthmatic or have had any allergies or bad reactions to other tests.
- The nurse will check you blood pressure, temperature, pulse and respiration.
- You will be asked to wear a hospital gown and remove any artificial teeth and eye glasses.



## What Happens During the Test?

- You will be made comfortable on a stretcher in a lying or sitting position.
- A nurse will stay with you to monitor your vital signs and assist the doctor as required.
- You may be given another injection into a vein in your arm/hand to make you sleepy.
- A local anaesthetic will be sprayed into your nose and into the back of your throat to suppress the cough reflex and minimise discomfort.



- As the tube is passed, more local anaesthetic may be sprayed through the bronchoscope to numb your voice box. This may make you cough but as the anaesthetic takes effect, your throat will relax.
- It usually takes about 15-20 minutes to complete the procedure.

## What Happens After the Test?

- You will be allowed to rest until you have recovered.
- It is not safe to eat and drink until your swallowing and cough reflexes have returned to normal, which will take about four hours.
- You will be given oral fluids initially.
- You may have a slight nose-bleed or find streaks of blood in your sputum.
- You may also have a sore throat or hoarse voice, Do not worry. This is normal and will be settled within 24 hours.

## Going Home After the Test

- If you are going home, it is essential that someone comes to pick you up.
  - Take rest for the whole day. If sedation is given, it takes longer than you think so if you were given an injection during the test.
1. Do not drive for at least six hours
  2. Do not operate any machinery for the rest of the day of the procedure
  3. Refrain from smoking, tobacco and alcohol.

By the next day you should be able to resume your normal activities.

If your sputum has blood or there is excessive nose-bleed, report back to Endoscopy Suite or Emergency Room.

If you cannot keep your appointment, please call the Endoscopy Suite to reschedule it.

## For further information, please call:

Endoscopy Suite  
(Mon to Fri  
8:00 AM - 5:00 PM)  
Aga Khan University Hospital  
Karachi.  
Phone: 34930051, Ext: 1422-23

Emergency Room  
24 Hours  
Aga Khan University Hospital  
karachi.  
Phone: 34930051, Ext: 1090-1091