

BRONCHOSCOPY



SOURCE : www.medicalnewstoday.com

INFORMATION FOR THE PATIENT

BRONCHOSCOPY

Bronchoscopy is an examination that uses a flexible tube called a bronchoscope to explore the respiratory tract that leads from the throat to the lungs, including the trachea.

The examination can:

- Complete a diagnosis that was made during medical imaging or a clinical examination.
- Take samples of secretions and cells.
- Stop bleeding by cauterization (a medical technique that uses heat or a chemical product) or to find its cause.

The examination is usually requested if you have:

- Blood in your sputum.
- An abnormal chest x-ray or scan result.
- Persistent pneumonia.
- A foreign object stuck in the airway.

This examination is safe and healthcare professionals monitor you throughout the examination by ensuring, for example, that your blood pressure and blood oxygen level are adequate.

Don't hesitate to ask the healthcare professionals any questions before, during or after the procedure.

Confirming or cancelling your appointment

We will phone you to give you the date and time of your appointment along with some instructions to follow.

If you are unable to come to your appointment, it is important to let us know at least 48 hours in advance by calling us (telephone numbers are on Page 6). That way, another patient on the waiting list will be able to take your place.

This postponement will be counted as a refusal by you and, if there is a third refusal or postponement, your request for an endoscopic examination will be cancelled and you will have to see your doctor again to assess the need to undergo this examination (directive from the ministère de la Santé et des Services Sociaux (MSSS), March 2021)..



■ Preparing for the examination

- Do not drink, eat, chew gum or suck on a candy after midnight except to take your medication with a sip of water and to brush your teeth.
- Temporarily stop some of your medications, if so instructed.
- Do not take any diabetes medication the morning of your examination, unless otherwise instructed.
- Do not smoke for 24 hours before the examination.
- Remove any jewellery or piercing. We recommend that you leave them at home.
- Remove your contact lenses, nail polish, artificial nails and makeup.
- Keep your hearing aid.
- If you receive medication to relax you (sedative) during the examination, you must be accompanied for your return home because you will not be able to drive for 24 hours. We will tell you if this applies to you.
- Inform the appointments clerk and the nurse of your state of health or if your medications have changed since your medical appointment.

Bring with you:

- An up-to-date list of the medications you are taking.
- Your pumps and inhalers if applicable.
- Your valid health insurance card.
- Your hospital card (if you do not have one, a new card will be given to you at Endoscopy, or you will have to go to Hospital Admissions to get one before your examination).
- Any relevant radiology documents in your possession (reports, CD, etc.).
- Note that a bag or locker will be available for you to leave your personal effects in.



**WE ARE NOT RESPONSIBLE FOR LOST OR STOLEN ITEMS.
BRING MINIMUM PERSONAL EFFECTS.**

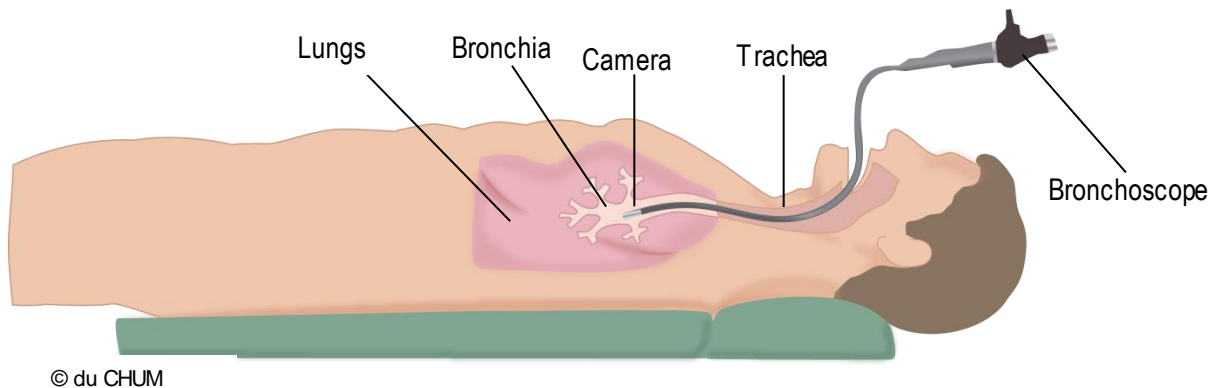
■ How the examination is conducted

- You must take off all your clothes except your underwear. You will then put on a hospital gown
- Your dentures must be removed in the examination room. We will give you a container to put them in.
- Once in the examination room, a member of the team will tell you the best position to be in to facilitate the examination, while ensuring your greatest comfort.
- We will spray a medication (anaesthetic) in your nostrils and throat to make them insensitive in order to reduce the cough reflex and nausea.

- If you receive medication to relax you (sedative), an intravenous catheter will be inserted in your arm to administer the necessary medication. This will allow you to be lightly asleep during the examination.

The doctor will conduct the examination:

- The doctor will introduce a flexible tube, called a bronchoscope, through your mouth and descend to the upper portion of your bronchia.
- The doctor will see the images produced by a fibre optic (camera) projected on a screen.
- You must swallow often during the examination to control coughing and to clear your throat of secretions.
- Because your throat is frozen, you will have the impression that it is difficult to breathe. This is completely normal and nothing to worry about. The sensation will disappear 30 to 45 minutes after the examination.



Biopsy and endobronchial ultrasound (EBUS)

- During the examination, it will be possible to perform a biopsy without pain.
- In this case, a small instrument will be introduced through the bronchoscope to take a tissue sample.
- The sample will be sent to the hospital laboratory for analysis.
- We can also conduct another examination called EBUS (endobronchial ultrasound). A probe at the end of the bronchoscope sends ultrasound to identify structures that are not visible with conventional endoscopy, mainly lymph nodes. This way a biopsy of these can also be conducted if necessary.

Length of the examination

- The examination will last for 15 to 60 minutes, and if you have received medication to relax (sedative), you will remain under observation for approximately 30 minutes after the examination. If you did not receive such medication, you will leave immediately after the examination.



■ Instructions for the return home

- You cannot drink or eat anything for two hours after a bronchoscopy. You must wait until you can swallow without choking.
- If you received medication to relax you (sedative), you must be accompanied for the return home as you cannot drive for a period of 24 hours after your examination. The person accompanying you must be easy to contact (have a cellphone with them).
 - Go to our website (Care and Services section, then Endoscopy) to consult and follow the instructions in the *Returning Home After a Sedation* pamphlet.

■ Possible side effects after the examination

Watch for side effects of the examination. These post-examination symptoms are normal and should not worry you:

- A sore throat or hoarseness.
- Coughing.
- A mild fever (oral 38 °C) that lasts less than 24 hours.

You must call Info-Santé (811) or go to Emergency if you have:

- Lots of blood in your sputum or clear blood (about 60 mL or more in sputum from a single cough).
- Severe stabbing chest pain, problems breathing, or are very short of breath.
- Oral temperature above 38.5 °C for more than 24 hours.



Contact information

The Endoscopy services of the CISSS des Laurentides are open Monday to Friday from 8:00 am to 4:00 pm.

Note that the services are closed on Saturdays and Sundays as well as statutory holidays.

Hôpital de Saint-Eustache: 450-473-6811, ext. 42417
520 Boul. Arthur-Sauvé, Saint-Eustache, QC J7R 5B1

Hôpital Laurentien: 819-324-4000, ext. 34559
234 Rue Saint-Vincent, Sainte-Agathe-des-Monts, QC J8C 2B8

Hôpital régional de Saint-Jérôme: 450-432-2777, ext. 22781
290 Rue De Montigny, Saint-Jérôme, QC J7Z 5T3

Hôpital d'Argenteuil: 450-562-3761, ext. 72521
**Centre multiservices de santé et de services sociaux
d'Argenteuil**
145 Avenue de la Providence, Lachute, QC J8H 4C7

You can also call Info-Santé at 811