

## BRONCHOSCOPY



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## PATIENT INFORMATION FACT SHEET

## BRONCHOSCOPY

Bronchoscopy is a procedure using a flexible tube called a bronchoscope to examine the airways from throat to lungs, including the trachea.

This procedure makes it possible to:

- Complete a diagnosis gathered from medical imaging or clinical examination.
- Collect secretion and cell samples.
- Stop bleeding by cauterization (a medical technique using heat or a chemical agent) or to locate its cause.

This procedure is usually requested if you have:

- Blood in your sputum.
- Anormal radiography or pulmonary scan results.
- Persistent pneumonia.
- A foreign object stuck in your airways.

This procedure is safe and healthcare professionals watch over you the entire time, for example making sure your blood pressure or blood oxygen level remain adequate.

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

### Your appointment confirmation

We will call you to give you the date and time of your appointment along with the guidelines to follow.

If you are unable to go to your appointment, it's important that you call us 48 hours in advance to let us know (the numbers to call are on page 6). This will make it easier to manage our appointments schedule.

A postponed appointment will be counted as a refusal on your part. After the third refusal or postponement, your endoscopy request will be completely cancelled, and you will have to see your doctor again to assess whether this procedure is necessary in your case (Ministry of Health and Social Services ministerial guidelines, March 2021).



## ■ Preparing for the procedure

- No food or drink after midnight, except to take your medication with a sip of water.
- Temporarily stop taking certain medications before the procedure if you are asked to.
- Do not take any diabetes medication on the morning before the procedure, unless you are told otherwise.
- Do not smoke for 24 hours before the procedure.
- Do not wear any jewelry or piercing. We recommend that you leave them at home.
- You must be accompanied to return home since you won't be able to drive for 24 hours.
- Tell administrative agent giving the appointment about your state of health and whether your medication has changed since your last medical examination.

Bring:

- An up-to-date list of the medication you take;
- Your pumps or inhalers, as the case may be;
- Your health insurance card;
- Your hospital card (if you don't have it, a new card will be issued) ;
- Any relevant radiology document you may possess (reports, CDs, etc.);
- A bag or locker will be provided for storing your personal belongings.



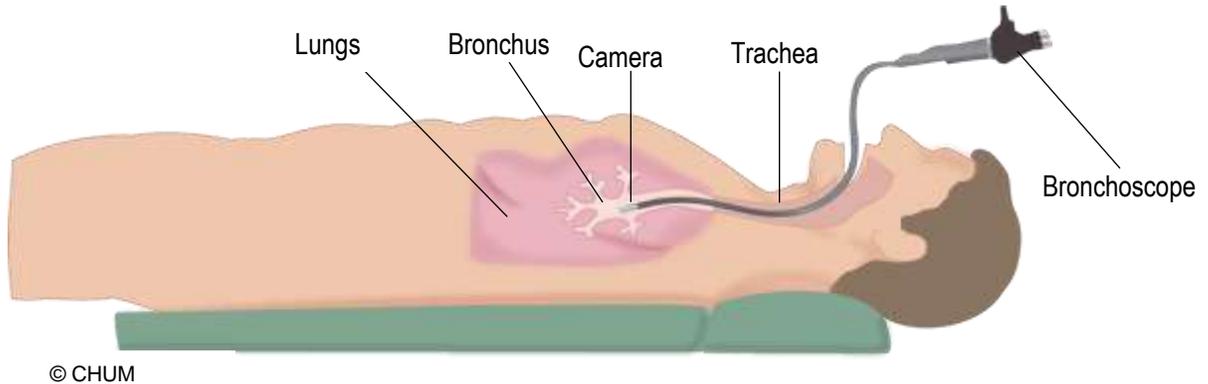
**WE ARE NOT RESPONSIBLE FOR LOST OR STOLEN OBJECTS.  
PLEASE BRING ONLY A MINIMUM OF PERSONAL EFFECTS.**

## ■ The procedure: What to expect

- You will be asked to remove your clothes, except your undergarments. You will be given a hospital gown.
- In the examination room, you will be asked to remove your dentures. You will be given a container in which to store them.
- Once in the examination room, the care team will suggest the best position to take to facilitate the procedure while ensuring that you are as comfortable as possible.
- An anaesthetic will be administered to your nostrils and throat by vaporisation, numbing them to reduce the cough reflex and nausea.
- An intravenous catheter will be inserted in your arm to administer the medication required for the procedure, including a sedative that will relax you and make you sleepy during the procedure.

The doctor will:

- Insert a flexible tube, called a bronchoscope, into your airway through your nose (generally) or mouth and into the upper part of your bronchial tubes.
- Use an optical fiber (camera) and view the images on a screen.
- It's necessary to swallow often during the procedure to control coughing and clear secretions from the throat.
- Because your throat will be frozen, you will feel as if it's hard to breathe. This is completely normal, so don't worry. The feeling will disappear 30 to 45 minutes after the procedure.



### **Biopsy and endobronchial ultrasound (EBUS)**

- During the procedure, the doctor can take a biopsy and do it painlessly.
- In this case, a small instrument is inserted in the bronchoscope to remove a tissue sample.
- The sample will be sent to the hospital laboratory for analysis.
- We can also do an EBUS (endobronchial ultrasound). A probe at the tip of the bronchoscope emits ultrasounds that allow imaging of structures - essentially lymph nodes - that are not visible by conventional endoscopy. A biopsy of the lymph nodes can then be taken if needed.

### **Duration of the procedure**

- The procedure lasts between 15 minutes and 1 hour, depending on what the doctor has to do, and you will remain under observation between 30 minutes and 1 hour after the procedure, according to your situation.



## Guidelines for your return home

- You cannot drink or eat for one to two hours after your bronchoscopy. You must wait until you can swallow without choking.
- You must be accompanied on your return home since you won't be able to drive for 24 hours following the procedure, because of the sedative you were given. The person who will accompany you can wait for you in the waiting room.
- You must follow the guidelines contained in the fact sheet *Returning home after sedation with or without analgesic* if you were given medication to relax you. This fact sheet is available on our website.

## Possible side-effects after the procedure

Watch for possible side-effects of the procedure. These are normal symptoms following the procedure and should not worry you:

- Sore throat or hoarseness.
- Coughing.
- A slight fever (38°C by mouth) lasting less than 24 hours.

**Call 811 for Info-Santé or go to the emergency room if you have:**

- A significant amount of blood in your sputum ou bright red blood (approximately 60 mL or more in a single sample).
- Severe thoracic pain (stabbing pain) or difficulty breathing or extreme shortness of breath.
- Temperature over 38,5° C by mouth, for more than 24 hours.



## Our contact details

Opening hours for the CISSS des Laurentides endoscopy service are from 8:00 AM to 4:00 PM, Monday to Friday (closed on Saturdays, Sundays and 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. 72515**

**Centre multiservices de santé et de services sociaux d'Argenteuil**

145, avenue de la Providence, Lachute (QC) J8H 4C7

**Info-Santé: 811**

Communications – Octobre 2021