

## Bronchoscopy Information

Your doctor has decided that you should have a bronchoscopy. Some of the reasons to have a bronchoscopy include obtaining tissue to help diagnose:

- Abnormalities seen on chest x-rays or CT scans
- Infection
- Transplant rejection / infection
- Cough of unknown cause
- Cause of shortness of breath

Bronchoscopy is also sometimes performed for the evaluation and treatment of airway obstruction.

This procedure will help your doctor understand and treat your medical condition. We hope this pamphlet will help you better understand the procedure so you know what to expect.

### Preparation for the procedure

**Do not eat or drink anything for at least 8 hours prior to your procedure.** You may take necessary medications the day of the procedure with a sip of water a couple of hours before you arrive to the hospital.

- If you are diabetic, your medications or insulin dose may need to be adjusted both before and after the procedure – discuss this with your doctor.
- If you are taking Metformin (glucophage), this may need to be held for 24 hours prior to the procedure. Please discuss this with your doctor.
- If you are taking blood thinners such as Coumadin (Warfarin), Plavix, Lovenox or Heparin please check with your doctor about stopping these prior to the procedure.

The “IV sedation” involves you being given medication during the procedure that will make you drowsy so that you will be more comfortable during the procedure. You will be unable to drive for 24 hours, so please make sure you have someone with you to drive/accompany you home after the procedure. Even if you are taking a cab or public transportation, you will still need to have someone to accompany you home. **If you don’t have anyone with you, we will not be able to do your procedure.**

### Where to go and When to Arrive

- You need to **arrive a *minimum* of 60 minutes before your bronchoscopy is scheduled.**
- Please come to the 4<sup>th</sup> floor of the Blalock Building in the Johns Hopkins Hospital to register. After you register, a nurse will bring you back into the prep/recovery room to ask you some questions about your medical history, current medications, and allergies. You will then have an IV placed in order to give you medications for sedation as described above.

## **What to expect during the procedure**

A bronchoscopy usually lasts about 30-45 minutes. It begins with taking you into the procedure room and connecting you to several different monitors, so we can monitor your heart, blood pressure and oxygen levels during the procedure. You will be lying on your back with your head flat. Before and while we are giving you sedation medication, a local anesthetic (usually lidocaine) is used to numb your mouth or nose and the upper airway. A very small camera is passed through the mouth or nose, through the vocal cords and trachea (main airway), and down into the bronchial trees. You may experience some coughing, but the doctor will give you more of the lidocaine through the bronchoscope to decrease the coughing reflex. You will be asked not to talk during the bronchoscopy to reduce your chances of having a sore throat afterwards. If needed, biopsies, brushings and washings will be obtained. You should not feel any pain during the bronchoscopy.

If samples are taken, it typically takes 3-7 days before results are available.

## **After the procedure**

You will return to the recovery room after the procedure. A dry cough, coughing up a small amount of blood, nose or throat pain, a dry mouth, low grade fever, or pain with swallowing after the bronchoscopy is not uncommon. The use of acetaminophen (Tylenol) is effective for comfort and temperature reduction but you should call your doctor if fever persists or is 101 degrees or higher, you develop shortness of breath, chest discomfort, or any other symptoms you are concerned about.

If you need to speak with your doctor after regular working hours please call the page operator (410-955-5000) and ask to speak with the pulmonary fellow on call.

We hope the information contained in this pamphlet will help to answer your questions and lessen any apprehension you may have regarding your bronchoscopy.

## **Things to Remember:**

- Nothing to eat or drink for at least 8 hours prior to your procedure
- Have someone with you to drive you home after the procedure
- Bring a list of your medications with you
- Bring a copy of your most recent CT scan or chest X-ray if it was not performed at Johns Hopkins
- Arrive a *minimum* of 60 minutes prior to your scheduled appointment time

**Your procedure is on BLALOCK 4 (Meyerhoff Center) of Johns Hopkins Hospital.**

**DATE:**\_\_\_\_\_ **ARRIVAL Time:**\_\_\_\_\_ **PROCEDURE scheduled to start at:**\_\_\_\_\_

If you have any further questions during regular business hours please call 410-502-2533 (for Dr. Feller-Kopman or Yarmus) or 410-955-3467 (for the general Pulmonary office)