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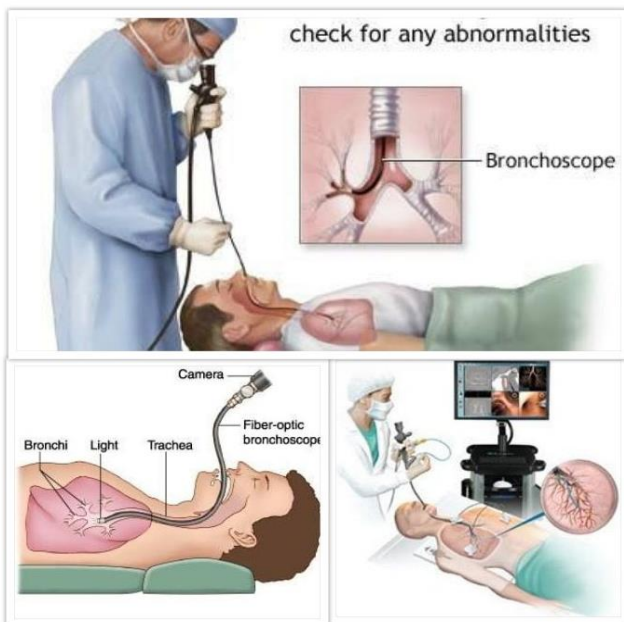


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BRONCHOSCOPY INSTRUCTIONS FOR PATIENTS



What is a bronchoscopy?

This test examines the airways starting in the mouth and going down into the lungs. This is done with a long, flexible scope introduced through the mouth.

Samples including washings, brushings and biopsies can be taken through the scope.

This test is used to diagnose or monitor conditions such as cough, signs of lung infection or inflammation and lung cancer.

Where to do go?

Your bronchoscopy will take place in the **Medical Arts Building** 4th floor, 581 Davis Dr. in Newmarket. Parking is available on site. You can also park at Southlake Hospital and use the bridge to get to the Medical Arts Building. When you arrive, you will see registration on your right as you exit the elevator. If you need further instructions or will be late, please call the main hospital line at 905-895-4521 and ask to be connected to endoscopy in the Medical Arts Building.

You must arrive 1 hour before your scheduled appointment

You must have someone prepared you to drive you home. We unfortunately can't do your procedure if you don't. You can not take a taxi ride home without a responsible adult is with you. This is for your safety, as you will receive sedation for the procedure.

How do I prepare?

It is very important that your stomach is completely empty during the procedure

- After midnight, do not eat any solid food until after the test is done.
- You may drink clear liquids up to four hours before your scheduled appointment (only things you can see through, no milk or cream)
- Please stop drinking at least four hours before your test (this includes water)

If you eat or drink outside of the instructed time, we unfortunately can't do your procedure. This is because of a risk of aspiration (stomach contents going into your lung) during the procedure. You will have to be rescheduled on another date.

Should I take my normal medications before the test?

Please take all of your usual morning medications with a sip of water. If you take blood thinners, you may need to stop taking them a few days before your procedure. We will let you know if this is the case.

What are the risks of bronchoscopy?

- Bronchoscopy is very well tolerated in general.
- Adverse reactions to sedation can happen. If you've ever had issues with sedation or local anesthesia in the past, please let us know.
- Damage to teeth is also a risk so we will ask you to remove dentures or dental plates before the procedure.
- A small amount of bleeding is normal especially after a biopsy and usually needs no treatment
- Rarely, airway injury can occur. This may require additional treatment and/or hospital admission.

What to expect during the procedure?

You will have oxygen in your nose and monitors on your body during the procedure. You will be given sedation and a local anesthetic will be sprayed into your throat to numb it. A bite guard is placed in your mouth to protect your teeth from the scope. Please let us know if you have dental crowns, bridges or loose teeth. You will be able to breath normally. Some patients will feel a tendency to gag, and you will be given extra sedation if needed. Coughing is normal. The procedure typically takes less than 10 minutes.

What do expect after the procedure?

You will be taken to the recovery area after your test. You may have a sore throat. Numbness of the throat, mouth and lips is normal. You may cough up a small amount of blood. If you become short of breath or have severe chest pain in the recovery area, please let us know.

Your judgement and reflexes may be impaired for the rest of the day. You cannot drive or operate machinery for 12 hours post sedation.