

If you are unable to keep your appointment, please notify the Endoscopy Unit booking office as soon as possible.

Contact telephone numbers: Monday to Friday 08.00-18.00 hours

For appointments: please contact the Endoscopy Unit booking office on 01493 452690

For advice: please contact the Endoscopy Unit on 01493 452370

Introduction

You have been advised by your GP or hospital doctor to have an investigation known as a bronchoscopy.

If you are unable to keep your appointment, please notify the department as soon as possible. This will enable the staff to give your appointment to someone else and they will be able to arrange another date and time for you.

This booklet will give you information about the investigation and its risks and benefits to help you make an informed decision about having the procedure. A consent form is also enclosed.

This procedure requires your formal consent.

The consent form is a legal document, therefore please read it carefully. Once you have read and understood all the information, including the risks and possibility of complications, and you agree to undergo the investigation, **please sign and date the consent form**. You will notice that the form is in duplicate, allowing you to keep a copy for your records.

If however there is anything you do not understand or wish to discuss further do not sign the form, but bring it with you and you can sign it after you have spoken to a healthcare professional.

What is a bronchoscopy?

This is an examination of your lungs to establish if there is any disease present. The test also allows us to take tissue samples (biopsies) or washings where saline is injected into the bronchoscope and drawn out with some cells from within your lungs. The instrument used in the investigation is called a bronchoscope and is a fine flexible tube. It has an illumination channel which enables light to be directed into the lungs, and another which relays pictures back onto a television screen.

Are there any alternatives to a bronchoscopy?

Other tests such as x-rays and scans may give information about your lungs, but only a bronchoscope can allow the doctor to see inside the airways and take samples.

Will I be awake during the test?

To make the test as easy as possible for you, you will be offered the opportunity to have sedation. This will be discussed with you prior to the test and it will be administered via a cannula into a vein in your hand or arm. The sedation will make you slightly drowsy and relaxed but not unconscious. It is

possible though that the sedation may result in you being unable to remember anything about the investigation. Some people decide to have the test without sedation.

Please note that if you decide to have sedation you are not permitted to drive, take alcohol, operate machinery or sign any legally binding documents for 24 hours following the procedure. You must also have someone to accompany you home and be at home with you for 24 hours.

Do I have to avoid eating and drinking before the test?

You must not eat for six hours prior to your appointment time. You may drink clear fluids up to two hours prior to your appointment time.

Clear fluids includes black tea and coffee, water and juice, but not milk.

What about my medication?

Please bring a list of your medications with you to your appointment.

Diabetics

If you are diabetic please see the guidance provided separately to this booklet or refer to the JPUH patient information on the website.

Anticoagulants

If you are taking anticoagulants e.g. warfarin or acenocoumarol, you will be informed by letter when you need to stop these medications. On arrival to the endoscopy unit the nurse will test your blood to check your INR and advise on dosing after the procedure.

If you are taking direct oral anticoagulants e.g. dabigatran, rivaroxaban, apixaban and edoxaban stop these three days (at least 72 hours) prior to your appointment.

If you have any concerns please contact the Endoscopy Unit for advice.

Anti-platelet agents

There is no restriction in taking aspirin or dipyridamole which can be taken as usual. If you are taking clopidogrel, ticagrelor or prasugrel **please stop these seven days prior to your appointment.** The referring doctor will tell you if you are required to take aspirin for that time period. However, if you have had a cardiac stent inserted in the last 12 months your consultant will need to discuss any changes to your medication with a cardiologist. If your consultant has not discussed this with you please ring the relevant secretary.

Other medication

You should continue to take all of your other medications as normal, unless you have been told otherwise by your referring doctor.

Before the procedure

You will have a brief medical assessment by a nurse who will ask you questions regarding your medical condition and any past illnesses and medication. They will also ensure you understand the procedure and discuss any outstanding concerns or questions you may have. Your blood pressure and pulse will be recorded and your blood sugar checked if you are diabetic. Please see guidelines at the end of this leaflet.

You will have the opportunity to talk to the doctor and ask any further questions. If you did not sign a consent form in the clinic you will be asked to do this.

What happens during the test?

You do not need to undress but will be asked to remove dentures and spectacles and be given a theatre gown to put on over your clothes. The procedure is carried out while you are in a sitting position on a trolley. Your blood pressure, pulse, oxygen levels and respirations will be monitored during the procedure and there will be a nurse looking after you all the time.

The doctor will put some local anaesthetic gel into your nostrils and local anaesthetic spray to the back of the throat to make passage of the scope through your nostril more comfortable for you. (Very occasionally and particularly if you have had surgery to your nose or a broken nose, the scope will have to be passed through your mouth and into your lungs).

At this point in the procedure, the doctor will put the sedation into the cannula in your hand, if you have chosen to have sedation. The scope will then be passed through your nose or mouth. During the procedure, more local anaesthetic solution will be passed down the scope and this initially may make you cough.

Samples may be taken during the procedure to provide further information. These may include:

- Biopsies (painless removal of a small piece of tissue using tiny forceps passed through the scope).
- Brushings (a tiny brush passed through the scope to collect samples of tissue).
- Washings (fluid is put down the scope and drawn back into a collection pot).
- Transbronchial biopsies (a sample of lung tissue taken from the edge of the lung through the scope).
- Fine needle aspiration (a tiny needle is passed down the scope though the airway wall into tissue beyond).

After the procedure

After the test you will be asked to rest and will be observed for a couple of hours while any drowsiness or numbness wears off. You will not be able to have a drink for approximately an hour and a half.

What are the possible side effects and complications?

Bronchoscopy is a safe test for most patients. However, you may experience the following after:

- A sore throat or sore nose – for about 24-48 hours.
- Blood stained sputum – particularly if we have taken biopsies you may bring up small amounts of blood-stained sputum. This should clear within 24 hours.
- Respiratory depression is a complication of the sedation.
- However, your oxygen levels will be monitored during the procedure and you may be given extra oxygen if required.
- Very occasionally, the biopsy can cause a small air leak from the lung. You may need to have an x-ray before you go home to check for this.

Going home

When your condition is satisfactory you will be allowed to go home.

Results of the bronchoscopy will not be available on the day but a follow-up appointment will be made, if you do not already have one, for you to discuss the results with the doctor.

As mentioned previously, you may have a sore throat or nose and bring up small amounts of blood-stained sputum. If you bring up a large amount of blood, experience increased shortness of breath, chest pain or a high temperature after you have gone home, contact your GP.

Contacts

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General points to remember

It is our aim for you to be seen and investigated as soon as possible after your arrival. However, the department is very busy and your investigation may be delayed. If emergencies occur, these patients will obviously be given priority over less urgent cases.

If you have any problems with persistent or worsening chest pain after your procedure, please contact your GP immediately informing them that you have had an Endoscopy.

If you are unable to contact or speak to your doctor, you can phone or attend the hospital's A&E department. You can contact them on **01493 452559**

Privacy and dignity

Please note we have single sex changing, recovery and toilet facilities available in the unit.

Please be advised that relatives are not permitted into the procedure room with the patient or into the recovery areas. This is to protect other patients' privacy, dignity and enable staff to concentrate on looking after the patients.

Visit our website:

<http://www.jpaget.nhs.uk/departments-services/departments-services-a-z/endoscopy-unit/>

Guidelines for people with diabetes undergoing a Bronchoscopy

As a person with diabetes, you need to adjust your treatment according to the timing of the appointment. As a result your blood sugar may be a little higher than usual. This is only temporary to maintain your blood sugars through the procedure and you will be back to your usual level of control within 24 – 48 hours.

Treatment by diet alone

If you control your diabetes by diet alone, you simply need to follow the instructions on the separate patient information leaflet or refer to JPUH patient information on the website.

Treatment by tablets, non-insulin injections

You should have a morning appointment. If you have not, please ring the Endoscopy Unit booking office on **01493 452690** to reschedule the appointment time.

Treatment with insulin

You should have an early morning appointment. If you have not, ring the Endoscopy Unit booking office on **01493 452690** to reschedule the appointment time.

Report to the nursing staff if you have needed glucose before arriving, and inform them immediately if you feel hypoglycaemic at any time during your visit.

You can take your morning dose of insulin as soon as nursing staff tell you that you can safely eat and drink.

If you have any concerns about adjusting your medication, ring the Diabetes Nursing Team on 01493 453373 (answer phone).

This booklet was produced by:

The Endoscopy Team and the Endoscopy Patient Participation Group at the James Paget University Hospitals NHS Foundation Trust.

Diabetic patient information ratified by Dr Joanne Randall, Consultant Endocrinologist.

This booklet was adapted from original documents produced by the Winchester and Eastleigh Healthcare NHS Trust, Endoscopy Department and Guy's and St Thomas' NHS Foundation Trust.

Your Feedback

We want your visit to be as comfortable as possible - talk to the person in charge if you have any concerns. If the ward/department staff are unable to resolve it, then ask for our Patient Advice and Liaison (PALS) information. Please be assured that raising a concern will not impact on your care.

Before leaving please complete a Friends and Family Test feedback card.

Help us transform NHS services and to support patient choice.

OUR VALUES

Collaboration

We work positively with others to achieve shared aims

Accountability

We act with professionalism and integrity, delivering what we commit to, embedding learning when things do not go to plan

Respect

We are anti-discriminatory, treating people fairly and creating a sense of belonging and pride

Empowerment

We speak out when things don't feel right, we are innovative and make changes to support continuous improvement

Support

We are compassionate, listen attentively and are kind to ourselves and each other



The hospital can arrange for an interpreter or person to sign to assist you in communicating effectively with staff during your stay. Please let us know.

For a large print version of this leaflet, contact PALS 01493 453240