

Following your Bronchoscopy with sedation

Gemini Endoscopy Suite
Tel: 01271 349180

Other formats

If you need this information in another format such as audio tape or computer disk, Braille, large print, high contrast, British Sign Language or translated into another language, please telephone the PALS desk on 01271 314090.

Small amounts of sedation will remain in your body for up to 24 hours. During this period, although you may feel wide-awake you will still be under the influence of the sedation. Your concentration and co-ordination may be impaired and you may feel light-headed or faint.

A responsible adult must collect you from the hospital and stay with you for at least 12 hours.

In addition, a local anaesthetic spray and gel has been used to numb your throat and airways during the procedure. It will normally take 1½ hours for these local anaesthetics to wear off.

Sedation can impair your reflexes and judgement

It is for these reasons that **for 24 hours after your procedure** you:

- Go home and take complete rest for the remainder of the day and have a quiet day tomorrow
- Must not drive a car (your car insurance is invalid for the 24 hour period)
- Must not ride a motorbike or bicycle
- Must not operate any machinery or electrical items, e.g. kitchen appliances
- Must not drink alcohol or smoke
- Must not take any sleeping tablets
- Do not bath or shower
- Must not sign any legally binding documents
- Must not work

When I am at home, what if I feel unwell after the procedure?

You may or may not encounter any of the following conditions.

Sore throat – hoarse voice: You may experience a sore throat or hoarse voice. This is not unusual, and this should ease within a day or so.

Bleeding: It is normal to cough up small amounts of blood in your sputum and you may have a slight nosebleed following your bronchoscopy. If the bleeding persists for more than 24 hours, and gets heavier, please consult your doctor for immediate medical advice.

Fever: Occasionally fever can occur for 24-48 hours following procedure. This does not usually require treatment, and can be easily relieved with paracetamol. If fever symptoms worsen after this time, please consult your doctor for immediate medical advice.

Localised infection: For your procedure you will have had your medications administered through a special intravenous cannula. Sometimes the area can get sore and infected after the procedure. This may need a treatment with topical cream or some antibiotics. If this happens, please visit your GP for advice and treatment.

When can I eat and drink again?

The local anaesthetic wears off after 1-2 hours, after which you may have fluids. It is advisable to start with sips of cold water to make sure the normal sensation has returned. You can eat and drink as normal, unless advised otherwise.

Medications

You may resume normal medications after your bronchoscopy, unless advised otherwise.

If you take blood thinning medications please restart them on.....

When will I get the results?

A nurse will speak to you before you leave the Gemini Endoscopy Suite and explain:

- What was seen and done during your procedure
- Whether you will need any further follow up
- That a copy of your report will be sent to your GP today and any results should be with your GP within 2 weeks

What if I need further advice and assistance?

If any of the above symptoms persist or worsen after the bronchoscopy – such as bleeding, pain, temperature and shortness of breath, please follow the instructions below:

- In normal working hours Monday to Friday 8am to 6.30pm, telephone the Gemini Endoscopy Suite on **01271 349180**
- Outside these hours contact your GP surgery or if in an emergency, come to the North Devon District Hospital A&E

- Alternatively telephone NHS Direct on **111**
- Further information

Please telephone the Gemini Endoscopy Suite on **01271 349180**.

www.modern.nhs.uk – NHS Modernisation Agency National Endoscopy Programme

www.grs.nhs.uk – Endoscopy Global Rating Scale

References

Endoscopy Unit – St George’s Healthcare NHS Trust

Endoscopy Department – North West London Hospitals NHS Trust

Endoscopy Suite – Good Hope Hospital NHS Trust

Hypnovel (Midazolam) information literature

Wolfson Endoscopy Suite Information Leaflet – St Mark’s Hospital, London

PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or e-mail ndht.pals@nhs.net. You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple.

Have your say

Northern Devon Healthcare NHS Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

‘Care Opinion’ comments forms are on all wards or online at www.careopinion.org.uk.

Northern Devon Healthcare NHS Trust
Raleigh Park, Barnstaple
Devon EX31 4JB
Tel. 01271 322577
www.northdevonhealth.nhs.uk

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