

# BRONCHOSCOPY

## EXAM

This exam involves inserting a small flexible tube equipped with a camera through your nose or sometimes your mouth to look at your vocal cords and inside your bronchial tubes. This procedure enables biopsies to be performed and secretions to be suctioned.

**You may be given medication before and during the exam to help you:**

- Relax during the exam.
- Prevent any feeling of discomfort caused by the intervention.

## PREPARATION

### MORNING EXAM

Do not eat or drink anything

### AFTERNOON EXAM

You can have a liquid breakfast around 6 a.m. (e.g. tea, coffee, pulp-free juice, jello). Avoid thick drinks such as smoothie, Boost and Ensure.

### FOR EVERYONE, REGARDLESS OF EXAM TIME

- Do not smoke from midnight the day before
- Bring your inhaler and continue to use it (if required) on the day of the exam.
- Inform the physician or nurse if you are taking any blood thinning or diabetes medication.
- Bring a full list of the medications you are taking and ensure your allergies are written on it.

## NOTE

The effects of the sedative or relaxant that will be administered to you as needed during the exam may last up to 24 hours.

**You must be accompanied for the exam**, because you will not be able to drive afterwards. If none of your relatives or friends is available, we ask that you please use a taxi or volunteer service.

**If you must cancel or report your exam, please notify the staff at 819-346-1110, Ext.: 14598.**

## PROCEDURE

- Upon your arrival, the staff will assess the state of your health.
- An IV catheter will be inserted to give you a sedative or relaxant, as required.
- The physician will anesthetize your throat and nose and then insert the small tube through one of your nostrils (you will be able to continue breathing normally).
- The exam lasts between 10 and 20 minutes.

While the exam may be unpleasant, it is not painful.

## AFTER THE EXAM

- You must remain under observation for approximately 30 minutes after the exam. The staff will check your blood pressure, heart rate, and breathing on a regular basis.
- Your throat will feel numb for an hour.
- You should cough as little as possible to keep your throat from becoming irritated.
- You must wait 1 to 2 hours before drinking or eating.

## POSSIBLE SIDE EFFECTS

- Nosebleed within 24 hours of the exam.
- Fever within 24 hours of the exam.
- Sore throat and hoarse voice.
- Small amounts of blood in your mucus.

## WHEN TO ASK FOR HELP



Contact Info-Santé at 8-1-1

if you are concerned about the state of your health.

Go to the nearest hospital emergency department if

- You are having a hard time breathing (your breathing is not normal; it is slower or louder);
- Significant amounts of blood in your mucus;
- Fever higher than 38.5°C (101.3°F) for more than 24 hours;
- Persistent chest pain.

## REMINDER

Exam date: \_\_\_\_\_

Location: Hôpital Fleurimont

Time: \_\_\_\_\_

3001, 12<sup>e</sup> Avenue N

If you must cancel your exam, please notify the staff at  
819-346-1110, ext. 14598

6<sup>th</sup> floor, turn right, and go to room 6532

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### Editing and layout

Service des communications et des relations médias  
Présidence-direction générale

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August 2023 | 1-6-71498