



York and Scarborough  
Teaching Hospitals  
NHS Foundation Trust

# Your guide to having a Bronchoscopy

Information for patients, relatives and carers

## Endoscopy Unit

① For more information contact The Endoscopy Unit:

The York Hospital, Wigginton Road,  
York, YO31 8HE

Tel: 01904 726690

Scarborough Hospital, Woodlands Drive,  
Scarborough, YO12 6QL

Tel: 01723 385106

<b>Contents</b>	<b>Page</b>
My bronchoscopy appointment.....	3
What is a bronchoscopy? .....	4
Do I need to do anything before my appointment? .....	5
What will happen when I arrive at the Endoscopy Unit? .....	6
What happens during the bronchoscopy? .....	7
What will happen after the test? .....	8
Does the test have any side effects? .....	9
Is there a risk in having this test? .....	9
When will I get the test results? .....	10
What if I have any questions?.....	10
Tell us what you think of this leaflet .....	11
Teaching, training and research.....	11
Patient Advice and Liaison Service (PALS).....	11

# My bronchoscopy appointment

You have been given an appointment for a bronchoscopy on:

Date: \_\_\_\_\_

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

Place: \_\_\_\_\_

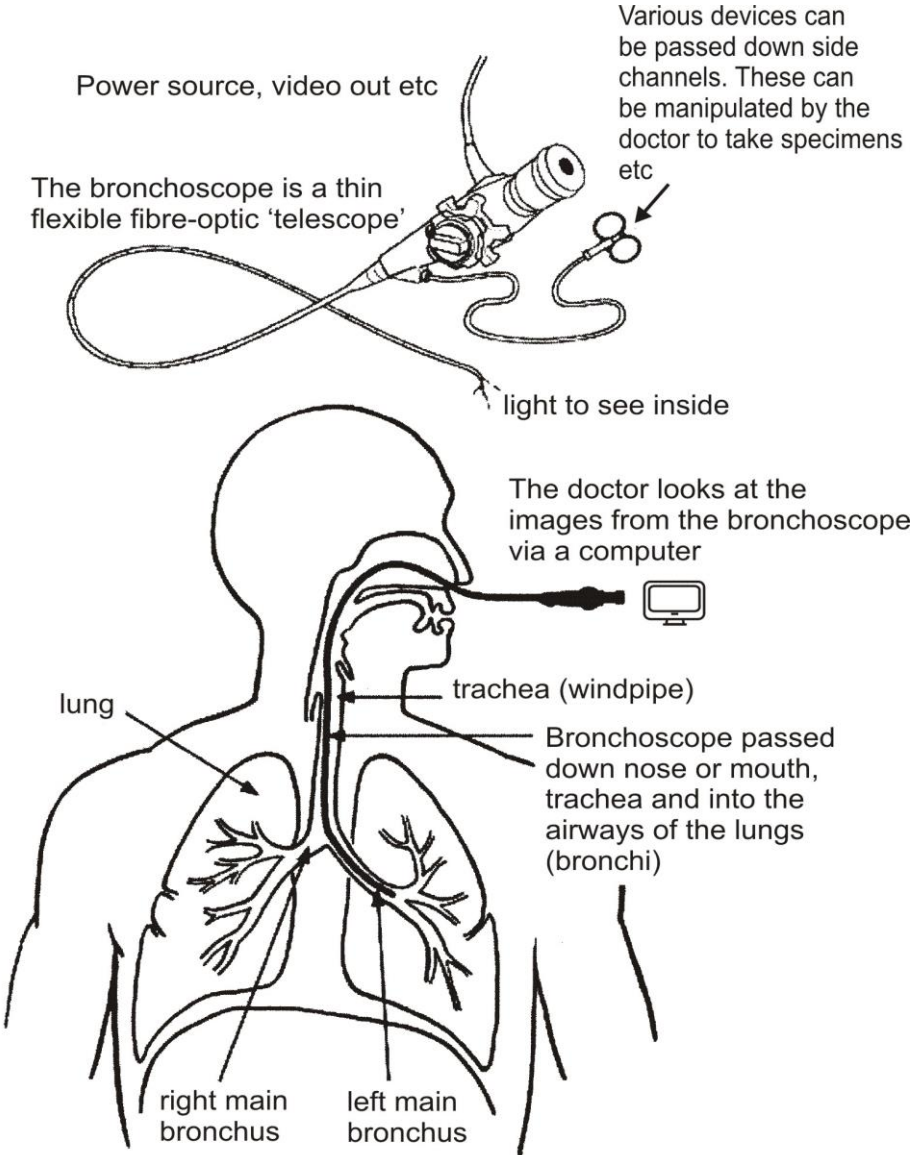
The Endoscopy Unit in York Hospital is accessed off Junction 1a of the main corridor and is on the first floor next to Head and Neck Services.

The Endoscopy Unit in Scarborough Hospital is situated on the ground floor, through the main entrance turn right and it is on the left. The waiting room is the first door on the left after the lifts.

This leaflet explains what a bronchoscopy is, how to prepare and what will happen when you come for the test.

# What is a bronchoscopy?

A bronchoscopy is a test that allows the doctor to look into your windpipe and the air tubes of your lungs.



The doctor uses a thin, flexible tube called a bronchoscope, passed through the nose or mouth and into the airways. This can help to diagnose your lung condition by allowing your doctor to:

- See your windpipe (trachea) and airways (bronchi)
- Look for abnormalities
- Take photographs
- Take a sample of lung tissue (called a biopsy)
- Take a sample of secretions

## **Do I need to do anything before my appointment?**

Do **not** eat any food for **four** hours before your test. You can drink clear fluids up to **two** hours before your test.

If you take regular medication, take your tablets as normal with a small amount of water, if required.

If you receive treatment for diabetes, or take blood thinning medication such as Warfarin, Rivaroxaban or Clopidogrel, please ask your doctor to tell you how to prepare for the test.

Depending on the type of sedative medicine used, you may need someone to stay with you the night after the test. If this is a problem, please speak to your doctor or the endoscopy unit staff.

## **What will happen when I arrive at the Endoscopy Unit?**

You will be introduced to the nurses who will be looking after you during your stay.

You will be asked about your present medicines, any allergies you may have, and your arrangements for going home and who will look after you.

The nurse will talk to you and ask you to sign a consent form (reference: FYCON32-1, Bronchoscopy) giving your permission for the test.

Before you sign the consent form it is important for you to understand the reason for the test, the procedure itself and any potential risks.

If you have any questions, please ask before signing the form.

You will be given a copy of the form for your own records and another copy will be held by us in your patient notes.

As the bronchoscopy may involve sedation, you may also receive a leaflet giving more information on anaesthetics and sedation.

# **What happens during the bronchoscopy?**

You will be taken to the examination room, asked to sit on a couch and made comfortable.

A heart monitor and a finger clip will be attached to you to measure heart rate and oxygen levels.

A cannula (drip) will be inserted into a vein in your arm.

You will usually be given an injection, which will reduce the coughing and may make you slightly sleepy.

You will have a local anaesthetic spray or gel to your nose and throat. It will make your throat feel numb and may taste a little bitter.

The doctor passes the thin tube down your nose or mouth into the back of your throat. Further local anaesthetic will be sprayed on the voice box to numb it, through the tube, before it passes into your windpipe. This is not painful, but you may cough for a short time.

There is plenty of space around the tube for oxygen to reach the lungs, and extra oxygen will be given to you through a thin tube in your other nostril if needed.

You will be able to breathe normally but will be asked not to talk once the test has started.

If the doctor needs to take any samples, this can be done easily and painlessly.

The test usually takes about 20-30 minutes.

## **What will happen after the test?**

Because your throat has been numbed, it is important that you do not eat or drink anything until the anaesthetic has time to wear off. This usually takes one and a half hours.

You will need to stay in hospital until your nurse is sure you are fit enough to go home.

When you get home, rest for the remainder of the day. You should be able to go back to work the next morning. Ask a responsible adult with transport to take you home.

If you have had a sedative:

- It will stay in your system for a few hours and you should not drive for 24 hours.
- Do not operate machinery or drink alcohol for 24 hours.
- Do not make important decisions for 24 hours.
- If you live alone, you need to make arrangements for a responsible adult to stay the night with you. Alternatively, we may suggest that you stay in hospital overnight.



## **Does the test have any side effects?**

You may have a slight nosebleed, or you may notice some blood in your phlegm after the test. This is normal and will settle within 24 hours.

Your throat may be a little sore and you may have a hoarse voice. This should ease within a day or two.

You may have a short-lived fever.

If you have any problems in the first 24 hours after you leave hospital, please contact the Endoscopy Unit (0800-1800) or after 1800 please contact the usual out of hours contact numbers. After 24 hours please contact your GP.

## **Is there a risk in having this test?**

This is usually a very safe test with no problems; however, there is always a small risk with procedures of this kind. The doctor and nurses will discuss these with you. Major complications after a bronchoscopy are rare.

The most serious but infrequent risks are:

Risk of excessive bleeding, chest pain, palpitations (racing heart) or difficulty breathing due to heart or lung problems (1 in 100 cases) including lung collapse (pneumothorax) which may require a chest drain.

Risk of death is approximately 1 in 5,000 cases.

Risk of allergic reaction to local anaesthetic or sedative.

## **When will I get the test results?**

You will be told on the day of the bronchoscopy what the airways looked like and if any abnormality was seen. The date of your follow up appointment to discuss the results will have been given to you at your previous clinic appointment or will be arranged after the procedure.

## **What if I have any questions?**

Remember the doctors and nurses are here to help you; if you have any questions about your symptoms or your bronchoscopy, do not be afraid to ask.

We hope that this leaflet is useful to you and has given you an idea about what to expect. If you have any queries about your test, please contact the Endoscopy Department who will be pleased to answer any of your questions.

If you cannot keep your appointment, please telephone the Endoscopy Unit on 01904 726694 / 01904 724527 (if you are being treated in York) or 01723 385287 (if you are being treated in Scarborough).

## **Tell us what you think of this leaflet**

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:

The York Hospital: Sister Michelle Robinson, Endoscopy Unit, The York Hospital, Wigginton Road, York, YO31 8HE or telephone 01904 726690.

Scarborough Hospital: Sister Bev Taylor, Endoscopy Unit, Woodlands Drive Scarborough, YO12 6QL or telephone 01723 385106.

## **Teaching, training and research**

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

## **Patient Advice and Liaison Service (PALS)**

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email [pals@york.nhs.uk](mailto:pals@york.nhs.uk). An answer phone is available out of hours.

# Leaflets in alternative languages or formats

Please telephone or email if you require this information in a different language or format, for example Braille, large print or audio.

如果你要求本資 不同的 或 式提供 , 電  
或發電

Jeżeli niniejsze informacje potrzebne są w innym języku lub formacie, należy zadzwonić lub wysłać wiadomość e-mail

Bu bilgileri değişik bir lisanda ya da formatta istiyorsanız lütfen telefon ediniz ya da e-posta gönderiniz

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