



York and Scarborough
Teaching Hospitals
NHS Foundation Trust

Discharge Advice Following Bronchoscopy or EBUS

Information for patients, relatives and carers

① For more information, please contact:

Endoscopy Unit

York Hospital

Telephone: 01904 724527

York Hospital, Wigginton Road, York, YO31 8HE

Or

Scarborough Hospital

Telephone: 01723 342905

Woodlands Drive, Scarborough, YO12 6QL

Please scan the QR code below to view an online copy of this leaflet:



**or you can use this web address:
<https://qrco.de/bfVkX9>**

Contents

Page

What should I expect after my bronchoscopy or EBUS?4

Important information about sedation5

What about my results or further appointments?6

Who should I contact if I have any concerns?.....6

Tell us what you think of this leaflet7

Teaching, training and research.....7

Patient Advice and Liaison Service (PALS).....7

Leaflets in alternative languages or formats8

What should I expect after my bronchoscopy or EBUS?

- Your nose and throat may be a little sore
- If the bronchoscope was passed through your nose you may have a slight nosebleed
- You may cough up some blood or blood-stained phlegm. This is nothing to worry about and should settle within 24 hours.
- If you have had throat spray you will be advised not to eat or drink anything for 90 minutes after your test.
- If you have been told you have had a lavage (or 'wash') performed, you may have a slight temperature over the next 24 hours. This is quite usual and can be treated with paracetamol, but if this persists after 24 hours you should contact your GP.

Important information about sedation

If you have had sedation, it can take up to 24 hours to fully wear off; you may feel drowsy and be forgetful over this time.

For bronchoscopy, usually either fentanyl (a painkiller and cough suppressant) or midazolam (a sedative) is given. For EBUS, usually both are used.

- Fentanyl: You will need adult supervision if you are discharged before one hour after having your procedure. Avoid using public transport to go home unless accompanied by an adult. You must not drive or operate machinery for 24 hours.
- Midazolam: You will need adult supervision, recommended for 24 hours and a minimum of three hours. You are advised to avoid using public transport, and to have a responsible adult to stay with you overnight. You must not drive, operate machinery, drink alcohol return to work or sign legal documents for 24 hours.

What about my results or further appointments?

Results will come back to consultant / medical team.

Your consultant's team will arrange any further appointments you need and give you the results of your test when available. These will also be shared with your GP for their information.

Who should I contact if I have any concerns?

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

If you become more unwell and need medical advice please either contact your GP, phone 111 or if urgent attend your nearest emergency department.

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: please contact the endoscopy unit in either York or Scarborough hospital.

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 yhs-tr.patientexperienceteam@nhs.net.

An answer phone is available out of hours.

Leaflets in alternative languages or formats

If you would like this information in a different format, including braille or easy read, or translated into a different language, please speak to a member of staff in the ward or department providing your care.

Patient Information Leaflets can be accessed via the Trust's Patient Information Leaflet website:
www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets/

Owner	York and Scarborough Endoscopy Sisters
Date first issued	April 2004
Review Date	July 2026
Version	6 (issued December 2024)
Approved by	Respiratory Consultants
Document Reference	PIL255 v6
© 2024 York and Scarborough Teaching Hospitals NHS Foundation Trust. All Rights reserved.	