

Discharge advice following a bronchoscopy

Introduction

This leaflet gives you information about the care following your bronchoscopy.

Sedation

The medications used for sedation can remain in the body for at least 24 hours, gradually wearing off.

It is therefore very important that a capable adult is available to take you home and stay with you for the next 24 hours.

It is also important that for the next 24 hours you follow the advice below:

- You should not drive or ride a bicycle as your reflexes and judgement will be impaired.
- Sedation can make you unsteady on your feet. Please be careful on stairs and have someone with you if you feel unsteady.
- Your judgement may be affected so do not make any important decisions or sign any legal documents.
- Be careful if using social media.
- You should not return to work, look after dependants, cook or operate machinery.
- You should not drink any alcohol or take sleeping tablets.

When can I eat and drink?

- You can eat and drink normally after about an hour; however we do recommend a lighter diet for today.

- You can take your usual prescription medications when they are next due.
- It is advisable to discuss any concerns you may have about your medication with the nursing staff during discharge.

After the procedure

- You may have a sore throat for 24 to 48 hours. This is normal and will pass.
- Coughing is normal and can be with small amounts of blood. If this happens it should only last a short time and will settle. If you cough up significant quantities of blood please contact the Gloucestershire Hospitals Switchboard and ask to speak to the Respiratory Consultant on call.
- You may feel hot and sweaty or feeling feverish during the 24 hours after the procedure; this is normal. An infection after a bronchoscopy is very unusual.

When to seek advice

If you develop severe pain in your neck or chest, or shortness of breath or high temperature you should contact the Gloucestershire Hospitals Switchboard and ask to be put through to the Respiratory Consultant on call. Please tell the switchboard operator that you have had a **bronchoscopy** and it is recommended and important that you speak to the consultant.

What happens next?

A follow up appointment will be arranged by your consultant. You will receive the appointment details in the post.

A report will be sent to your GP in the next few days.

Contact information

Endoscopy Unit

Gloucestershire Royal Hospital

Tel: 0300 422 8222

Monday to Friday, 8:00am to 6:00pm

Cheltenham General Hospital

Tel: 0300 422 3593

Monday to Friday, 8:00am to 6:00pm

Between 6:00pm and 8:00am you should contact the:

Gloucestershire Hospitals Switchboard

Tel: 0300 422 2222

When prompted please ask for the operator then ask to be put through to the Respiratory Consultant on call.

Alternatively, you can contact
NHS 111 for advice.

NHS 111

Tel 111

Feedback

To help the Endoscopy Department understand what is important to you and how we can improve our service, we would appreciate if you would take the time to complete a feedback survey.

All responses will be anonymous and any information provided will be used sensitively and stored securely.

To access the survey, please use the QR code below or type the 'case sensitive' link into your internet browser.



<https://bit.ly/3MHOXIG>

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Shared Decision Making

If you are asked to make a choice, you may have lots of questions that you want to ask. You may also want to talk over your options with your family or friends. It can help to write a list of the questions you want answered and take it to your appointment.

Ask 3 Questions

To begin with, try to make sure you get the answers to three key questions if you asked to make a choice about your healthcare.

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?



These resources have been adapted with kind permission from the MAGIC Programme, supported by the Health Foundation.

***Ask 3 Questions** is based on Shepherd HL, et al. Three questions that patients can ask to improve the quality of information physicians give about treatment options: A cross-over trial. Patient Education and Counselling, 2011;84: 379-85



<https://aqua.nhs.uk/resources/shared-decision-making-case-studies/>



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