



After care following a bronchoscopy

Introduction

You have been given this leaflet so that you know what to expect after a bronchoscopy.

If you have had sedation it is important that you rest for the remainder of the day and that you have someone to stay with you overnight. It is also important that you do not drive, return to work, operate machinery, sign legal documents, work at heights (including climbing ladders or onto a chair), take sleeping tablets or drink alcohol for 24 hours afterwards. Try to avoid blowing your nose for 24 hours as this may make you have a nose bleed. Avoid strenuous exercise for 48 hours i.e. sporting activities.

Follow up arrangements

The following arrangements have been made for you:

You need to be seen in outpatients. This appointment will be sent to you in the post.

You require another test (please state).

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This appointment will be sent to you in the post

If you have any other queries please contact the endoscopy department at St Mark's on 020 8235 4130 or Central Middlesex Hospital on 020 8963 8828

What to expect after a bronchoscopy

A mildly sore throat is no cause for concern. This should resolve within 24 hours and taking lozenges will help. You should now be able to eat and drink normally and take your normal medication.

Things to report to your doctor

- Severe chest or neck pain
- Swelling of the neck or shortness of breath
- Temperature greater than 38°C
- Coughing up blood/nose bleeds with large amounts of blood

- Redness, tenderness and swelling at the site of the intravenous injection that persists

In the event of bleeding (more than two teaspoons), **severe abdominal pain,** **persistent vomiting** and/or a **temperature** please contact us:

During office hours (8am – 6pm) endoscopy recovery 0208 235 4141 or 0208 235 4142.

Outside office hours: call switchboard 0208 2354000 and ask to speak to the gastroenterologist on call for St. Mark's; or attend your local A&E.

If you experience **eye pain** and were given **Buscopan** during your procedure, please attend your nearest A&E.

If you have to attend hospital, please remember to take a copy of your endoscopy report as this will help doctors to provide you with appropriate care.

If this is within seven days of your procedure, please inform the endoscopy department on the number given above during office hours.

General Trust Information

Patient Advice and Liaison Service (PALS)

PALS is a confidential service for people who would like information, help or advice about the services provided by any of our hospitals. Please call 0800 783 4372 between 10am and 4pm or e-mail Nwlh-tr.PALS@nhs.net. Please note that this service does not provide clinical advice so please contact the relevant department directly to discuss any concerns or queries about your upcoming test, examination or operation.

For a translation of this leaflet or for an English version in large print, audio or Braille please ask a member of staff or call 0800 783 4372.