

# Microlaryngoscopy and Bronchoscopy (MLB)

**This leaflet explains more about MLB, including the benefits, risks and any alternatives and what you can expect when you come to hospital.**

**If you have any further questions, please speak to a doctor or nurse caring for you.**

## What is MLB?

A microlaryngoscopy and bronchoscopy is an investigation that allows the surgeon to look into your child's airway (throat, voice box, windpipe and lungs) using a small telescope. This telescope is contained in a piece of equipment called an endoscope.

## Why should my child have MLB?

MLB is the main investigation we use in children with breathing problems such as noisy breathing (stridor) and other airway disorders. An MLB will help the medical team to establish a cause of the problem and assess the airway. Sometimes a procedure is performed at the same time as MLB to widen (dilate) the airway.

## What are the risks?

Every anaesthetic carries a risk of complications, but this is small. Your child's anaesthetist is an experienced doctor who is trained to deal with any problems that arise. After an anaesthetic some children may feel sick and vomit. They may also have a headache, sore throat or feel dizzy. These side effects are usually short-lived and not severe.

There is a very small risk that the telescope could cause injury to your child's airway, lips, gums, teeth or jaw joint. Your child's breathing problems may worsen after the procedure due to swelling, but this is usually temporary. However in some cases a breathing tube may need to be left for 24-48 hours with your child recovering in the Paediatric Intensive Care Unit.

## Are there any alternatives?

Although the doctors can tell a certain amount from checking with a flexible camera in clinic, an MLB gives us a fuller picture of your child's condition.

## How can I prepare my child for MLB?

Information about how to prepare your child for the operation will be included in your admission letter. Your child should not have anything to eat or drink for the time discussed at the pre-operative assessment. It is important to follow these instructions otherwise your child's operation may have to be delayed or even cancelled.

Your surgeon will explain the operation in more detail, discuss any worries you may have and ask you to sign a consent form. An anaesthetist will also visit you to explain about the anaesthetic. If your child has any medical problems such as allergies, please tell the doctors.

## Asking for your consent

It is important that you feel involved in decisions about your child's care. For some treatments, you will be asked to sign a consent form to say that you agree to have the treatment and understand what it involves. You can withdraw your consent at any time, even if you have said 'yes' previously. If you would like more details about our consent process, please ask for a copy of our policy.

## What happens during MLB?

Your child will have this procedure under a general anaesthetic, i.e. s/he will be asleep. For MLB, this anaesthetic is usually given via a face mask. After the general anaesthetic has been given, your child's voice box (larynx) will be sprayed with a local anaesthetic, which numbs the throat. The surgeon will then insert the telescope into your child's airway through the mouth; in this way we can now look at your child's airway.

In some cases, the doctor will also ask for your permission to carry out surgical procedures using a laser or endoscopic instruments at the time of the MLB. No procedure will be carried out without your consent (unless in a rare emergency situation).

## Will my child feel any pain?

Your child might have a headache, sore throat or feel dizzy after the procedure. These side effects are usually short-lived and are not severe.

## What happens after MLB?

Your child will be able to recover from the investigation on the ward. He or she may have a sore throat after the test and the doctors may prescribe some paracetamol. The doctors will see you later the same day to tell you what they have found during the investigation.

Your child will not be able to eat or drink anything for a short period after the procedure.

Your child will be able to go home the next day in most cases. Some children with more severe airway problems may require a period of observation on the Paediatric Intensive Care Unit and may need a breathing tube inserted if there are concerns about their airway.

Because of the anaesthetic your child may feel tired and a little clumsy for around 24 hours after the operation, so do not let him or her do anything that may lead to a fall. Your child should be able to go back to school when he or she is more comfortable.

## What do I need to do after I go home?

If your child develops a fever, contact your family doctor (GP) or the ward from which your child was discharged.

## Will I have a follow-up appointment?

You will be sent the date for a follow-up appointment either in the Outpatients department or to come back to the hospital for another stay.

## Contact us

If you have questions or concerns, please contact your consultant's medical secretary on 020 8725 2052 or 020 8725 2493, or use the ENT secretarial email address:

[stgh-tr.entsecretariesadmin@nhs.net](mailto:stgh-tr.entsecretariesadmin@nhs.net).

**For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit [www.stgeorges.nhs.uk](http://www.stgeorges.nhs.uk)**

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## Additional services

### Patient Advice and Liaison Service (PALS)

PALS can offer you on-the-spot advice and information when you have comments or concerns about our services or the care you have received. You can visit the PALS office between 9.30am and 4.30pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough wings (near the lift foyer).

**Tel:** 020 8725 2453 **Email:** [pals@stgeorges.nhs.uk](mailto:pals@stgeorges.nhs.uk)

### NHS Choices

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

**Web:** [www.nhs.uk](http://www.nhs.uk)

### NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

**Tel:** 111

### AccessAble

You can download accessibility guides for all of our services by searching 'St George's Hospital' on the AccessAble website ([www.accessable.co.uk](http://www.accessable.co.uk)). The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.



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