St George's University Hospitals
NHS Foundation Trust

Bronchoscopy / EBUS Discharge Information (circle)

After Your Procedure: Immediate Advice

Topical Anaesthetic Spray/Liquid

- A local anaesthetic spray and liquid has been used to numb your throat and airway during the procedure. This will normally wear off in 2 hours.
- Therefore, **Do Not Eat or Drink** for 2 hours after the procedure.
- You can take a sip of cool water at _____. If you can swallow normally, you may commence a normal diet. If you cough or have difficulty in swallowing, please do not drink or eat for another 30 minutes. Repeat this process until you can swallow normally.

After Sedation

- You must have a responsible adult to escort you home and stay with you for at least **12 hours.**
- Sedation may remain in your body for up to **24 hours.**
- Your coordination and concentration may be impaired, and you may feel lightheaded or drowsy.

Activity Restrictions for 24 hours

- Do not drive or ride a bicycle
- Do not operate machinery
- Avoid activities requiring full concentration
- Avoid important decisions / signing legal documents
- Avoid online shopping or social media use

Eating and Drinking

- As soon as the effect from the numbing throat spray has worn off, usually 2 hours after your procedure, you can eat and drink as normal, unless otherwise advised.

When Can I Return to My Normal Activities

- Normal daily activity can usually be resumed within 24 to 48 hours, as long as you feel well.

If You Have Had Samples Taken Yes ☐ No ☐

- Routine results are usually available within up to 6 weeks.
- Results will be sent to your GP and referring clinician. Please do not contact the endoscopy unit for results.
- Urgent results are usually available within 2 weeks and an appointment will be arranged by the specialist team in charge of your care to discuss these results.

What To Expect After Your Procedure

Common Side Effects

- **Sore throat or hoarse voice**
  - It's normal to experience a mild sore throat and a hoarse voice for up to 48 hours following the procedure, simple lozenges will help.
- **Mild cough / blood-streaked saliva**
  - You may a mild cough or cough up small amounts of blood in your saliva in the first 24 to 48 hours. This can be from the insertion of the tube or from samples taken.
- **Mild chest discomfort / irritation**
  - You may have a 'raw' or irritated feeling in the chest or mild discomfort or tightness. This is usually due to temporary irritation of the airways from the camera and any samples taken. It is generally mild and should improve over 24 to 72 hours.
- **Fever**
  - Sometimes when you have a BAL (bronchio alveolar lavage) you can get a temperature in the first 24 hours. You may take simple pain-relieving tablets (e.g. paracetamol. If it does not settle, occurs again or you cough up yellow/green phlegm, see your GP.

When To Seek Urgent Medical Attention

Go to your nearest Emergency Department or call 999 immediately if, within the first week after your procedure, you develop:

- Fever (>38°C) / Chills / Rigors
- Severe or worsening chest pain
- Coughing up or vomiting blood (more than a few teaspoons of fresh blood)
- Difficulty breathing / Shortness of breath
- Fainting / Collapse

Do not drive yourself to hospital.
Take your bronchoscopy report with you if possible.

Please let us know
If you attend any Emergency Department (including another hospital), please inform the St George's Endoscopy Unit during working hours.

Emergency Contact Numbers
Monday to Friday, 8.30am to 6pm
☎ **Endoscopy Nurse in Charge**
020 8725 1491 / 2310

Evenings, weekends & bank holidays
☎ **Ward Nurse**
020 8725 5159

These numbers are for **urgent concerns only**. Staff will not be able to assist with you with queries about results or appointments.

√	**Additional instructions (if applicable)**
	Anticoagulants / Antiplatelet medication (blood thinners) Please restart your medication on:
	Prescription if required: Please pick up your prescription from: ☐ GP ☐ Hospital Pharmacy (Ground floor, Lanesborough Wing)
	Blood tests have been taken and the results will be sent to the specialist team in charge of your care. These will be discussed with you at your appointment with them.
	Scans will be arranged for you: ☐ CT Scan ☐ MRI ☐ Other
	Repeat Bronchoscopy: _____ An appointment will be arranged in: _____ If you have not received an appointment in the time frame above, please contact our administrative coordinator on 020 8725 3336, Monday to Friday 8.30am to 4.30pm.

For general enquires:
Contact the Respiratory Department, Monday to Friday 8.30am to 4.30pm on 020 8725 3336.

Tell us about your Endoscopy visit
Please scan this QR code to complete our short anonymous patient experience survey.