Normal activities may be resumed the following day. You may also return to work the next day. As a result of the sedative medications administered during the procedure, you may not remember details surrounding your examination. Your Pulmonologist will explain the results of the exam and give final instructions before you leave the Center. If any biopsies or cultures were done, the results of these will be called to you and sent to your primary physician within 7 - 14 days after the exam.

If:
1. You are coughing up excessive amounts of blood (2 Tbsp or greater);
2. You develop chest pain, shortness of breath or difficulty breathing;
3. You develop a high fever (>101°) or your fever persists beyond 24 hours;
4. Or you just have questions after the procedure;

CALL THE PULMONARY CLINIC AT 608-260-2945
OR
GO IMMEDIATELY TO YOUR NEAREST EMERGENCY DEPARTMENT

FOR AFTER HOURS EMERGENCIES, CALL DEAN ON CALL AT EITHER 1-800-57-NURSE OR 608-250-1393

See map and directions on next page

A bronchoscopy is a visual examination of the airways using a narrow, flexible fiberscope inserted through the nose or mouth, or occasionally through a tracheostomy. A bronchoscopy can be done for diagnostic or therapeutic reasons which may include:

• To view abnormalities of the airway (abnormal chest x-ray or CT scan)
• To obtain tissue specimens of the lung (abnormal chest x-ray or CT scan)
• To evaluate and treat growths in the airway
• To obtain tissue or mucous samples to diagnose lung disease
• To evaluate bleeding in the lungs, possible lung cancer, a chronic cough, hoarseness or a collapsed lung
• To remove secretions, blood or foreign objects lodged in the airway

By using special instruments, the physician can take biopsy specimens. This is a very safe exam, and complications from fiberoptic bronchoscopy remain extremely low, but can occur. Risks and complications may include excessive bleeding following biopsy, pneumothorax caused by leakage of air after biopsy, laryngospasm (spasm of the larynx and/or bronchials), irregular heart rhythm, infection, ongoing hoarseness and/or increased difficulty breathing after the procedure due to swelling of mucous membranes of the airway. These could require surgery, antibiotics or transfusions. It is also possible, but uncommon, that an error in diagnosis be made.

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Preparation for the Exam:

1. Blood-thinning medications include: Coumadin, Warfarin, Xarelto, Eliquist, Pradaxa, Plavix, Effient, Brilinta (Aspirin does NOT need to be stopped). Please contact your physician to ensure it is safe for you to discontinue this medicine. Some examples of blood-thinning medications include: Coumadin, Warfarin, Xarelto, Eliquip, Pradaxa, Plavix, Effient, Brilinta (Aspirin does NOT need to be stopped).

2. Blood-thinning medications may need to be stopped from 3 to 5 days prior to the procedure. This is to lessen the risk of bleeding. The procedure can be canceled if your blood is too thin. Please check with the physician who ordered your blood-thinning medication to be sure it is safe for you to discontinue this medicine. If you develop insulin shock due to low blood sugar, treat it with orange juice or hard candy immediately. Please contact us if this happens so we can determine if the procedure can still be performed. It may need to be rescheduled.

3. If you take insulin or oral medications for diabetes, you may need to adjust your dosage. Please discuss this with your primary doctor. If you develop insulin shock due to low blood sugar, treat it with orange juice or hard candy immediately. Please contact us if this happens so we can determine if the procedure can still be performed. It may need to be rescheduled.

4. You should take your regular morning medicines (EXCEPT Coumadin, Plavix, and Insulin) with a small sip of water before 6 am, even if your exam is in the morning. If you have an inhaler(s), nitroglycerin tablets, or medicine you need to take shortly after the exam, please bring these in with you.

5. Insurance Instructions: Please contact your insurance company prior to receiving services to guarantee that prior authorization and insurance coverage requirements are met. Look on your insurance ID card for a phone number to call regarding these questions. Ask your insurance company if prior authorization is required for your scheduled procedure/service and to verify your benefits. Not obtaining prior authorization could reduce your benefits and leave you financially responsible. Note: final diagnosis will not be available until your procedure has been completed.

6. Billing Information: You/your insurance company should expect bills for the following services:
   - Facility fee – billed through SSM Health Digestive Health Center
   - SSM Health Dean Medical Group Physician fee – billed through Dean Health Plan
   - Pathologist fee – if biopsy is taken

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Facility fee*

- billed through SSM Health Digestive Health Center

Questions call 1-800-222-5962 or 1-608-250-1336

Payment Information:

- billed through Dean Health Plan

Questions call 1-877-434-3326 or 1-608-250-1270

- Pathologist fee – if biopsy is taken

Questions call 1-888-881-8248

Diet Information

Morning Procedures: DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT IF YOUR EXAM IS IN THE MORNING (Except for your morning medications with a small sip of water).

Afternoon Procedures: FOR PROCEDURES 12:30 PM OR LATER, YOU MAY HAVE A CLEAR LIQUID BREAKFAST BEFORE 8 AM.

Clear Liquids include: Water, Fruit juice without pulp (apple, white grape), Lemonade, Clear broth, or Tea (without milk or creamer), 7-UP, Sprite, Gatorade, and Popsicles.

Lunch: Clear Soup, Zuppa Toscana, or Jell-O

Dinner: Clear Soup, Zuppa Toscana, or Jell-O

Coffee, Tea, or Water

Fruit or clear juice

 Surgery Instruction

You will be taken to the recovery area where staff will continue to monitor your heart and breathing. You should not eat or drink anything until you are able to swallow without choking. When you are sufficiently awake and can swallow, you will be given something to drink. After that, you may resume a normal diet unless otherwise instructed by your physician. Be sure you are well hydrated.

The receptionist at the center will need your insurance card, including Medicare card if you have one, and a photo ID. Remember to bring reading glasses if you use them.

Once you are registered, the admission staff will prepare you for the procedure, and provide a gown and slippers while at the center. Your physician will review the need for the procedure, explain the risks involved, and answer any questions concerning the procedure. Be sure you are well hydrated.

During the procedure you will lie on a stretcher with your head slightly elevated.

After the Procedure

You will be taken to the recovery area where staff will continue to monitor your heart and breathing. You should not eat or drink anything until you are able to swallow without choking. When you are sufficiently awake and can swallow, you will be given something to drink. After that, you may resume a normal diet unless otherwise instructed by your physician. Be sure you are well hydrated.

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Please visit our website at www.darcare.com/digestive for more information.

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Labwork prior to exam

If your doctor orders lab tests before your bronchoscopy, such as a complete blood count (CBC), bleeding factors, arterial blood gas (ABG) or lung function tests; these tests will be completed at the clinic prior to admission for the procedure.

Preparing for the Exam:

Please arrive at the time indicated on this pamphlet and plan for the procedure to begin 30 to 60 minutes after arrival. Most procedures take 30 minutes to complete and recovery is usually within one to two hours after the procedure. Please be aware that you will be given medicine that will make you drowsy. Therefore, you will not be allowed to drive yourself home. AND you must have someone to speak to after the procedure is finished. If you need help arranging medical transportation services, please contact the Digestive Health Center prior to your appointment for information on transportation resources. You should NOT operate machinery, drink alcoholic beverages, or make critical decisions (i.e., sign legal documents) for 12 hours after sedation and procedure. We encourage you to rest the remainder of the day.

SSM Health will provide appropriate auxiliary communication aids and services to patients and their families with limited English proficiency in accordance with applicable State and Federal Regulations, and at no cost to the individual.

Special Instructions to Follow BEFORE the Exam:

1. A Digestive Health Center pre-admission nurse will call a few days prior to patients and their families with limited English proficiency in accordance with transportation services. The nurse will call to arrange a time for the pre-admission nurse to contact you and to review your medical history. The nurse will also ask you about any medications you are taking, including over-the-counter medications and supplements.

2. Blood-thinning medications may need to be stopped from 3 to 5 days prior to the procedure. This is to lessen the risk of bleeding. The procedure may be canceled if your blood is too thin. Please check with the physician who ordered your blood-thinning medication to be sure it is safe for you to discontinue this medicine.
Labwork prior to exam: For the procedure to begin 30 to 60 minutes after arrival. Most procedures take 30 minutes to complete and recovery is usually within one to two hours after the procedure.

Preventing the Exam:

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Diet Information:

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Clear Liquids include: Water, Fruit juice without pulp (apple, white grape), Lemonade, Clear broth, or Tea (without milk or creamer), 7-UP, Sprite, Gatorade, and Popscicles.

Day of the Exam:

Parking is available at the SSM Health Outpatient Center. The ramp is located on the corner of Park Street and Erin Street. This ramp is for patients & visitors and does require some form of payment to exit. All exits are automated and will accept cash, credit card or a validation sticker. The Digestive Health Center will offer each patient a one-time parking validation sticker. Please bring your parking entrance ticket into the Digestive Health Center check-in for a validation sticker.

The Digestive Health Center is located on level 1 of the SSM Health Outpatient Center building, which is connected to the Park Street Ramp. Please be aware the SSM Health St. Mary's Hospital – Madison campus is smoke free.

Again, please arrive at the time indicated on this pamphlet and plan for the procedure to begin 30 to 60 minutes after arrival.

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Once you are registered, the admission staff will prepare you for the procedure, and provide a gown and slippers while at the center. Your physician will review the need for the procedure, explain the risks involved, and answer any questions concerning the procedure. Please be aware that there may be delays due to emergency situations. Your patience is appreciated.

During the procedure you will be on a stretcher with your head slightly elevated.

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You will be taken to the recovery area where staff will continue to monitor your heart and breathing. You should not eat or drink anything until you are able to swallow without choking. When you are sufficiently awake and can swallow, you will be given something to drink. After that you may resume a normal diet unless otherwise instructed by your physician. Please be aware you may still feel drowsy upon discharge.

You may notice a slight sore throat and/or hoarseness for a couple of days after the procedure. Drink plenty of water or sucking on throat lozenges may relieve some of this discomfort. If a biopsy was taken, you may notice small specks of blood in your sputum. This should be gone by the next day. Do not smoke for at least 24 hours after your exam. Local anesthetics used may leave a bitter taste in your mouth. Your mouth may feel very dry for several hours immediately after the procedure.

Fever is common but should not exceed 101° and should only last 24 hours or less. Tylenol should help significantly.

If the IV site is tender, apply a warm compress to the area for five to ten minutes, four times a day. Your physician should be notified if this does not get better in 1 to 2 days. Patients receiving sedation can NOT drive after the exam; patients can resume driving 12 hours after sedation and procedure.
Normal activities may be resumed the following day. You may also return to work the next day.

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If:
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See map and directions on next page

The Digestive Health Center respects the rights of all patients in accordance with state law. You will find your rights prominently posted in our reception area.

### Directions

**Driving:** Highways 18, 12, 14, 151 and Interstate 90 all intersect with the West Beltline Hwy.
- From the Beltline, take the Park Street exit traveling north. Merge left onto Park Street and then left on Erin Street.
- This is the entrance to the SSM Health St. Mary’s Hospital – Madison campus. Turn at the first left into the parking ramp entrance on Erin St. Please park on level 2 or 3.
- After parking, proceed to the parking ramp elevator and go to the 1st floor. The Digestive Health Center is located on the 1st floor of the SSM Health Outpatient Center building.

If you are being dropped off:
Pass the parking ramp entrance on Erin and turn left onto Brooks Street. To the left is a circular driveway in front of the SSM Health Outpatient Center building with a drop off area. (The driver can then proceed straight ahead into the parking ramp.) You will enter the building and take the elevator to 1st floor.

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