

# Bronchoscopy and Mediastinoscopy



UHN

## Information for Medical/Surgical Day Unit Patients

*This pamphlet answers your questions about bronchoscopy and mediastinoscopy. If you have more questions, please ask your surgeon.*

### **What is a bronchoscopy?**

A bronchoscopy is a minor operation done while you are asleep under a general anaesthetic. During your bronchoscopy, your surgeon will use a special piece of equipment called a bronchoscope to look at your throat, windpipe and lungs.

- You will have an intravenous (IV) inserted
- You will be given medicines through the IV to put you to sleep. Then your surgeon will insert the bronchoscope down your airway.
- Your airway will not be blocked. You will still be able to breathe.
- If your surgeon finds any unusual tissue while checking your throat, windpipe or lung, he or she may remove a small sample of the tissue to be examined under a microscope for disease. This is called a biopsy.
- All biopsy specimens are sent to the Pathology Lab.
- After the bronchoscopy, your throat may be dry and sore. Once you get home, suck on throat lozenges and use a humidifier (steamer) to help ease the soreness.

*This information is to be used for informational purposes only and is not intended as a substitute for professional medical advice, diagnosis or treatment. Please consult your health care provider for advice about a specific medical condition. A single copy of these materials may be reprinted for non-commercial personal use only.*

© 2007 University Health Network. All rights reserved.

**Author:** Susan Walker (RN, MN-ACNP), Anne Kuus (PT) and Gina Bryden (RN, BA; MAEd cand.)

**Created:** 02/2007

**Form:** D-5030 (09/2007)



### **What is a mediastinoscopy?**

A mediastinoscopy is a minor operation done while you are asleep under a general anaesthetic.

You will have a mediastinoscopy after your bronchoscopy:

- When you are asleep, your surgeon will make a small cut at the base of your neck. It will be about 4 cm (2”) long.
- The surgeon will pass a bronchoscope through the cut to check the tissue there.
- The doctor will also take small samples of tissue called a lymph node biopsy. Lymph nodes are small glands that help fight infection in the body.
- The cut from your operation (called an incision) will be sewn up with stitches that dissolve – they will not have to be removed. The incision will be covered with a Band-Aid™.
- This surgery takes 60 - 90 minutes.

### **What should I do to prepare for my operation?**

- Do not eat after midnight the night before your operation.
- You may drink clear fluids up to 5 hours before your operation. Examples of clear fluids are apple juice, water, ginger ale, and clear tea. Milk is not a clear fluid. If you have questions about clear fluids, call your surgeon’s office.
- If you take any medicines, ask your surgeon if you should take them before your operation.
- If you smoke, we strongly urge you to stop smoking before the operation. Even 3 or 4 days of not smoking will help your lungs work better after your operation.

### **What happens after the operation?**

- Once you are awake after your operation, you will be taken on a stretcher to the recovery room. This room is also called the Post Anaesthetic Care Unit (PACU).
- Your nurse will check your pulse, temperature, blood pressure and rate of breathing. This is done a number of times while you are in the PACU.
- You will stay in the PACU for about 30 minutes. When you are ready to leave, you will be taken on a stretcher to the Medical/Surgical Day Unit. You will stay here until you are ready to go home.
- While in the Medical/Surgical Day Unit, the staff will give you sips of fluids to drink.
- You will have a chest X-ray before you go home.

## **What do I do when I get home?**

### **Eating and drinking:**

Start on fluids and soft foods that are easy to swallow such as soups, eggs or pasta. Slowly work your way back to your normal food and drink.

### **The incision:**

The day after your operation, remove the Band-Aid™ from your incision. After that, leave your incision uncovered.

If your clothes rub on the incision, put on another Band-Aid™. Change the Band-Aid™ every day. Leave the Band-Aid™ off when the incision has healed.

### **Pain:**

You may feel some pain at the incision. Take an over-the-counter pain reliever to relieve this pain. Your doctor may prescribe a stronger pain medicine for you.

### **Other:**

You may spit up a small amount of fresh blood after the surgery. This should stop after 2 to 3 days. If it lasts longer and was not present before your operation, call your surgeon.

- **Do not smoke** for 24 hours before or after your operation
- **Do not drink alcohol** for 24 to 48 hours before or after your operation
- **Do not drive or operate** machinery/power tools for 24 to 48 hours after your operation
- **Do not take any sedatives** for 24 to 48 hours before or after your operation (unless your doctor prescribes them)

### **Call your surgeon for any of the following:**

- You have fever and chills within 5 days of your operation.
- Pus comes out of your incision.
- The incision smells bad.
- The incision gets very swollen, red and/or hot.
- Your pain gets worse and does not go away when you take pain medicine.

If you have any of the above problems at home, contact your surgeon. If you cannot reach your surgeon, go to the Emergency Department at Toronto General Hospital (TGH). If you cannot go to TGH, then go to the Emergency Department nearest you.

Please ask your surgeon if you do not understand these instructions or if you have any other questions or concerns.

**Follow up appointment with your surgeon**

You need to make an appointment with your surgeon after your operation.

Surgeon: \_\_\_\_\_

Telephone: \_\_\_\_\_

Appointment: \_\_\_\_\_

**Please note:** Your surgeon will have your biopsy results about 2 weeks after your operation.

