

# Bronchoscopy

## Discharge Instructions

You have received medicine to help you relax during the test.

**For your own and other's safety please follow these guidelines:**

- A responsible adult **MUST** accompany you home after your procedure (you cannot go home alone or unaccompanied in a taxi).
- We recommend you have someone stay with you for the first 24 hours that you are home.
- For 24 hours after an anaesthetic, (until \_\_\_\_\_ am/pm tomorrow) do not do anything that needs coordination or judgment. This includes:
  - Driving a car or operating dangerous machinery.
  - Making important decisions.
  - Signing legal papers.
- Do not drink alcohol or take recreational drugs for 24 hours afterwards. These substances may add to the anaesthetic effects.

Resume fluids: \_\_\_\_\_

**When tolerating fluids well, have a light diet for today, resume you regular diet tomorrow.**

Please restart your usual prescribed medications immediately unless your Doctor gives you different instructions.

**Do not** take herbal or Chinese medicines for 1 week after your procedure.

*...see over*

If you have any of the following:

- **Pain in the chest or problems swallowing. (You may have a slight sore throat.)**
- **Shortness of breath or pain when you breathe.**
- **Coughing up blood. (You may have a slight amount of blood in your sputum for a short time after your test. This is normal.)**
- **Fever (T > 38.5° C) or chills. These may happen the evening of the test or the next day.**

**CALL THE DOCTOR WHO DID YOUR TEST IMMEDIATELY  
AT 604-875-4111.**

\*\* If your doctor is not available, ask to speak to the Respiriologist on call.  
If you cannot reach either doctor, go to the closest Emergency Department.\*\*

### **HealthLink BC**

To speak with a nurse, pharmacist, or dietician, call 811.

Services available in 130 languages.

[www.healthlink.bc.ca](http://www.healthlink.bc.ca)

For deaf and hearing-impaired assistance (TTY), call 711.

For more copies, go online at <http://vch.eduhealth.ca> or  
email [phe@vch.ca](mailto:phe@vch.ca) and quote Catalogue No. **FN.145.B7882**

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