



SYDNEY  
RESPIRATORY  
SPECIALIST

Care Exceeding Expectations.

**Dr Samantha Herath MBBS, MPhil, FRACP, PhD.**

**Interventional bronchoscopist**

**Respiratory and Sleep Physician**

### **Flexible bronchoscopy- Patient Information Sheet**

**What is Flexible Bronchoscopy?** Flexible bronchoscopy is a diagnostic procedure used to investigate lung conditions. It involves inserting a small, flexible camera through the nose or mouth into the windpipes to visualize internal abnormalities and take samples as needed.

#### **Conditions requiring Flexible Bronchoscopy:**

- Persistent coughing
- Shortness of breath
- Pneumonia
- Fungal or parasitic lung infections
- Lung cancer
- COPD
- Lung inflammation caused by tuberculosis or sarcoidosis
- Unusual findings on X-rays or other tests

#### **Sample Collection During Procedure:**

- Brushing of airway walls
- Biopsy of abnormal areas
- Lung washout with sterile saline

#### **Preparation for Bronchoscopy:**

- Fast for 6 hours (food and fluid)

- Stop blood-thinning agents 5 days pre-procedure (consult with Dr. Herath)
- Continue aspirin if having a biopsy
- No diabetic medication on the morning of the procedure
- Take all other medications with clear water
- Arrange for someone to drive you home and stay overnight
- Stop smoking to reduce airway discomfort

### **Proceduralist experience.**

Your proceduralist is Dr. Herath. Dr Herath with over 2000 EBUS procedures and over 2000 flexible bronchoscopy procedures and international training, perform this procedure with high success rates.

### **Preparation:**

- Fast for 6 hours before the procedure for both food and fluid.
- Stop blood thinners 5 days prior.
- Continue aspirin if you are on aspirin.
- Avoid diabetic medications on procedure day. Some diabetic medications need to be stopped 3 days before the procedure. Inform your Respiratory Physician of all the diabetic medications you are taking.
- Arrange for a driver to take you home and someone should stay with you overnight.
- Quitting smoking beforehand helps reduce discomfort.

### **Procedure Details and hospital stay:**

- **Anaesthesia:**
  - The procedure will be performed under general anaesthesia.
- **Locations:** Macquarie University Hospital, Sydney Adventist Hospital, Northern Beaches Hospital.
- **Timing:** Takes 15-30 minutes; day procedure with a 2-hour recovery period.
- Monitoring post-procedure: 1-2 hours
- Discharge: After a “sip test” and a light snack
- **Pre-Operative Assessment:** If you have multiple medical conditions, a pre-operative assessment with an anaesthetist may be required. Dr Herath will organise this assessment on your behalf.

### **Side Effects: Please see below chart**

- **Common:** Cough, sore throat, tiredness, flu-like symptoms.
- **Rare:** Infection, shortness of breath, coughing up significant blood.

**Post-Procedure:**

- **Recovery:** After the procedure, a "sip test" will be conducted to check swallowing. If successful, a light snack will be provided before discharge.
- **Home Care:** Arrange for someone to drive you home and stay with you for the day. Bring any necessary respiratory equipment.
- **Overnight Stay:** Some patients may need to stay overnight for monitoring, depending on their medical condition.
- Return to work and normal medications the next day.
- Can restart blood thinners the next day.

**Results:**

- Available within one week
- Please make an appointment with your Respiratory specialist, one week after the procedure to discuss the results and start treatment

**Medicare/Health fund Item Number:**

- MBS item number 38420 for health fund claims.
- Dr Herath does not charge a gap for your procedure and all claims will be made directly to the health fund and Medicare
- You may incur separate fees for anaesthesia, pathology, and radiology, which are beyond the control of the Sydney Respiratory Specialist clinic.

**Additional Information:**

- This sheet provides an overview of the Flexible bronchoscopy procedure.
- For further questions or clarifications, consult with your Respiratory Specialist.

<b>Common side effects during or immediately after the procedure</b>	<b>What to Do?</b>
Cough post procedure Coughing blood mixed with sputum	Self-resolve over 24h

Tiredness	Self-resolve in 24h
Sore throat	Diffлам lozenges or throat spray for 48h
Feeling as if you have flu (30% of patients after a wash/lavage)	Take paracetamol Take your temperature This should be below 38.5 C
Bleeding during procedure	We are prepared for a bleed specially during a biopsy.
Air leak outside the lung	If we anticipate an air leak, we will perform an ultrasound or a Chest X-ray to find out if this had occurred prior to discharge
<b>Rare side effects, once you leave the hospital</b>	<b>What to Do?</b>
Infection and fever post procedure	Occurs 2-4 hours post procedure in 3% patients If you have fever >38.5 or feel unwell, you will need IV antibiotics and fluids. Please return to emergency department of the nearest hospital.
Shortness of breath/chest pain after going home	Shortness of breath is also a sign of pneumothorax or air leak outside the lung. If this occurs, please report to

	the nearest hospital emergency department.
Coughing up frank blood more than a tablespoon	Coughing up frank blood more than a tablespoon is not normal. This is a sign of a larger bleed inside the lung. Please report to the nearest emergency department.

Thank you for choosing Sydney Respiratory Specialist Clinic for your bronchoscopy procedure. We appreciate your trust in our care and are committed to providing you with the highest quality of service and support.

For any queries and follow up appointments please contact: 02 9487 8373.