

Let's Talk ABOUT...

Fiberoptic bronchoscopy

A fiberoptic bronchoscopy (fie-ber-OP-tic brawn-CAH-scup-ee) is an exam used to look inside the lungs. Doctors use a thin, flexible tube called a **bronchoscope** (BRAWN-koe-scope). Your child will receive medicine to help him sleep during the exam. The doctor will lubricate the bronchoscope and pass it through your child's nose (or pass it through the breathing tube, if your child has general anesthesia), down the windpipe, and into the lungs. Your child's doctor may perform the bronchoscopy with general anesthesia with a breathing tube in place. In this case, your child would receive medicine to be asleep during the procedure.

How do I prepare my child for the exam?

Your child must not eat or drink for a certain period of time before the exam. The length of time your child cannot eat depends on his age. Your doctor will let you know how long this will be. It is important that your child's stomach is empty well before the procedure to lessen certain risks, which include vomiting during or after the bronchoscopy.

A representative from the operating room will call the day before the procedure to let you know when to bring your child to the Same-Day Surgery area to register. Before the exam starts, you will be asked to give permission for the exam and sign a consent form. At that time, you have another chance to talk with your child's doctor. Before the exam, please let the care team know if your child has any allergies to medicines.

What happens during the exam?

The exam usually takes 20-40 minutes. The risks of the exam are very small. These may include sore throat, hoarseness, or cough for a short time after the bronchoscopy, a small amount of bleeding from

the sample site, low grade fever, wheezing, need for extra oxygen for a little while after the procedure. There is also a smaller chance for an allergic reaction to the sedation medicines. The bronchoscopy is usually not painful, but inserting the intravenous line ("IV") may hurt briefly. Other, much rarer complications may occur and the doctors would treat these if they happen.

If the doctor passes the bronchoscope through your child's nose, he will numb your child's nose to lessen any discomfort caused by the bronchoscope. Your child will receive medicine through an intravenous line to help him sleep during the procedure. Sometimes, the doctor does a washing of a small part of the lungs to get a liquid sample for laboratory studies. This liquid sample is called a "washing" or "lavage". Your child should not feel discomfort when these samples are taken. After the exam, you may be with your child while the doctor discusses the results of the exam with you. If the doctor did a "washing," the results are usually available in three to four days. Your child will be watched for a few hours after the procedure before going home. Your doctor will tell you what your child should do and eat at home.

If you have any other questions about the exam, please feel free to discuss them with your doctor or nurses.

What do kids say about the exam?

Each child feels a procedure differently. It may be helpful to read the handout *Managing your child's pain* before this exam. Below are some reactions from other children.

- My nose felt cool when it was numbed.
- The lubricant on the tube is a new, different smell.

- I felt a little dizzy from the medicine.
- I had a slight nosebleed after the scope was removed.
- I hardly felt anything.
- My throat felt a little sore.