What will I experience following the procedure?

- Diet restrictions and/or resumption of diet will be ordered by your surgeon or anesthesiologist. These orders will be explained by the nursing staff.
- Speaking and voice use, or the restrictions to it, will be ordered by the doctor and explained by your nurse.
- You should keep sipping extra fluids to keep the throat moist and decrease discomfort. Throat pain or discomfort is to be expected for a few days. Your nurse will give medications as ordered by the doctor and you will be given further instructions regarding pain management prior to discharge.
- Further instructions, such as follow-up appointment, etc will be given to you and your family on discharge.

What should I avoid following my procedure?

- Ask your doctor when to restart medications such as ASA, coumadin, or anti-inflammatory drugs if they have been discontinued prior to the procedure.
- You are not to drive, consume alcohol or sign legal documents for 24 hours.
- Resume normal physical activity as ordered by your doctor.

When should I call the doctor?

- If you cough up any blood other than blood tinged mucus.
- If you have severe or worsening difficulty breathing.
- If you develop a temperature higher that 101°F.
- If you cannot reach your surgeon, go to the Emergency Department or the nearest hospital.

References:

1. Instructions for Surgery Patients - Economou & Economou
2. Department of Surgery – Royal Victoria Regional Health Centre
3. Ellis Fischel Cancer Centre University of Missouri Health Care Patient Guide to testing. 3/1/2001
4. Photo from Cardiothoracic Surgery, Keck School of Medicine of University of Southern California
5. Photo from All Refer.com/Medical Tests & Exams (Mediastinum)
Definitions:

**Bronchoscopy**
Examination done with an optical instrument (telescope) about as big around as your little finger – placed into the tracheal tubes to your right and/or left lung when respiratory problems are suspected or are to be ruled out. Biopsies (small specimens) can be taken at the time.

**Laryngoscopy (Microlaryngoscopy)**
Examination of the larynx through a telescope called a laryngoscope.

**Mediastinoscopy**
Examination of the space within your central chest which contains the heart, major blood vessels, main breathing passages and many lymph glands around them. It is done through a telescope (called a mediastino-cope) which is placed through a small incision at the top of the breast bone.

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How do I prepare for this procedure?

- You will be asked to have nothing to eat after midnight prior to your procedure.
- You are however to take your usual prescription medication the morning of your procedure, with a sip of water before 6:00 am, except for your diabetes medication. Check with your doctor to see if he/she wants you to stop taking blood thinning medication (coumadin, aspirin, and arthritis medication), vitamins, herbal therapy and over-the-counter treatments.
- You must arrange to have a responsible adult drive you home and stay with you overnight.
- Bring your Health Card. Leave all valuables at home.
- Your surgeon will decide if any lab testing is required prior to your procedure and will make arrangements for you to come to the Pre-surgery Clinic at RVH.

What are the risks of Laryngoscopy/Bronchoscopy/Mediastinoscopy?

Any procedure may have complications associated with it. The most common complications of any procedure are bleeding and infection. There is a small risk of injury to tissues passed by the telescope.

What hospital process am I to expect?

- When you arrive for your procedure you will register with a clerk in Registration located on the second level. Once you have registered, a volunteer will assist you to the change room where you will put on a hospital gown and housecoat.
- After you have changed, a nurse will review your medical history and will check your weight, blood pressure, pulse and temperature, and will review your consent, which gives the doctor permission to do the procedure.
- You will be taken to the waiting room near the operating room, where you will meet the anesthesiologist and the Operating Room Nurse who will accompany you to the Operating Room.
- Following the procedure you will be taken to the Post Anesthetic Care Unit (PACU) and observed. When your blood pressure, pulse and breathing are stable, you will be taken to the Surgery Recovery area or admitted to your own room.

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