

## **Going home after bronchoscopy or gastroscopy for HDR brachytherapy of the lung or esophagus**

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Today you have had a bronchoscopy or gastroscopy for brachytherapy of your lung or esophagus. Please read this information to learn how to care for yourself, what to watch for and when to get help.

### **Frozen or numb throat**

Your throat was frozen with a local anesthetic. The freezing may make it hard to swallow and to tell hot from cold.

Do not eat or drink until \_\_\_\_\_ (time). Before you start to eat or drink, try a few sips of water at room temperature.

You may have a hoarse voice or a sore throat. This is normal. When you are able to swallow, lozenges or gargling with warm salt water may be helpful.

### **Sedation**

For 24 hours, do not:

- drive
- operate machinery
- drink any alcohol
- make any major legal decisions for 24 hours after treatment

### **Bleeding**

You may cough up a small amount of blood. This is normal. The amount of blood should decrease over the day.

## When to get medical help

Call Dr. \_\_\_\_\_ (the doctor who did the bronchoscopy or gastroscopy) if you notice any of the following problems:

- swelling of your face, throat or chest
- chest or stomach discomfort that does not go away or gets worse
- difficulty with breathing or swallowing
- an increase in the amount of blood you cough up
- chills and fever – a temperature over 38°C (100°F) or higher

If you cannot reach the doctor, go to the nearest hospital Emergency Department.

## Follow-up

- No appointment needed.
- Yes, the specialist will call you.
- Yes, call your family doctor for an appointment.
- Yes, call the specialist for your appointment.
- Yes, your appointment is with:

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Doctor: \_\_\_\_\_

Where: \_\_\_\_\_

## Questions

If you have any questions or concerns about your bronchoscopy or gastroscopy, call the doctor who did the procedure.

## Special instructions

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