

支气管镜检查

Bronchoscopy

A bronchoscopy is a test to look at your airways and lungs. A long, thin tube is put through your nose or mouth into your lungs. This test is used to check for lung disease or to remove mucous. A small piece of tissue may be removed and studied in the lab. This is called a biopsy.

An adult family member or friend needs to come with you to take you home after the test. It is not safe for you to drive or return home alone.

Arrive on time for your test. Plan on this test taking about 2 hours.

To Prepare

- Talk to your doctor about any medicines you take to thin your blood to prevent clots. You may need to change these medicines or adjust the amount you take before this test.
- Do not eat or drink anything, including water, after midnight before the test.
- If you are to take your medicines the morning of the test, take them with sips of water only.

During the Test

- You will wear a hospital gown.
- You sit in a chair or lie on a table during the test.
- An IV (intravenous) is put in a vein in your arm.
- You may be given some medicine to help you relax.

支气管镜检查是一项用于气道和肺部的检查。医护人员将一根细长管通过您的鼻腔或口腔伸入您的肺部。该检查用于检查肺部疾病或清除粘液。可能需要取出一小块组织，在实验室中进行化验。这种方法被称为活检。

检查结束后，您需要在成年家人或朋友的护送下回家。您独自开车或回家不安全。

请您准时前来接受检查。 请为本次检查留出大约2小时的时间。

准备

- 如果您正在使用防凝血的血液稀释药物，请告知您的医生。您在检查前可能需要更换此类药物或调整用量。
- 检查前一天的午夜过后，请勿饮食，包括水。
- 如果检查当天早上需要吃药，请只用几小口水来送药。

检查期间

- 您需要换上医院的罩衣。
- 检查期间，您需要坐在椅子上或躺在检查台上。
- 医护人员为您的上臂进行静脉注射。
- 您可能需要服用帮助您放松的药物。

- Small pads are put on your chest to check your heart. For men, chest hair may need to be shaved.
- A blood pressure cuff is put on your arm. Your blood pressure and heart rate are checked often.
- A clip device is put on your finger to check your oxygen level.
- You may be given oxygen to breathe during the test.
- Your mouth and nose are sprayed with numbing medicine.
- The doctor puts the tube into your nose or mouth. You may feel the tube in your throat or the need to cough. You will be able to swallow and breathe.
- Your doctor will be talking to you, but you should not talk during the test. This helps keep you from having a sore throat.
- The doctor removes mucous and a tissue sample if needed.
- The tube is then removed.
- 在您的胸部放置小垫片，检查您的心脏。男性可能要剃胸毛。
- 在您的手臂套上血压袖袖。检查期间将时常测量你的血压和心率。
- 在您的手指卡上一个夹子，检查您的氧气水平。
- 检查期间，您可能需要吸氧。
- 在您的口腔和鼻腔喷麻醉药。
- 医生将软管伸入您的鼻腔或口腔内。您可能会感觉到喉咙里有导管或需要咳嗽。您在这个过程中可以吞咽和呼吸。
- 医生将与您交谈，但您在检查期间请勿说话。这有助于防止咽喉痛。
- 如果需要，医生会采集粘液和组织样本。
- 然后取出试管。

After the Test

- The nurse will check you often for about 1 hour after the test.
- Medicines given during the test will make you sleepy. You will need to have an adult family member or friend take you home for your safety.
- In about 2 hours, the numbing medicine wears off and you will be able to eat and drink.
- You may have a sore nose or throat, a hoarse voice or a cough. It is normal to cough up a small amount of blood.
- Test results are sent to your doctor. Your doctor will share the results with you.
- 检查后约1小时内，护士会经常查看您的情况。
- 检查期间服用的药物会让您犯困。为了安全起见，您需要在成年家人或朋友的护送下回家。
- 约2小时后，麻醉药物药效逐渐消失，您可以进食和饮水。
- 您可能会出现鼻痛或咽喉痛、声音嘶哑或咳嗽。咳出少量血液是正常现象。
- 检查结果会发送给您的医生。医生会告知您检查结果。

检查之后

Call your doctor if you have:

- A fever over 100.5 degrees F or 38 degrees C
- A sore nose, throat or hoarse voice that lasts more than 2 days
- Other concerns

Call 911 right away if you:

- Have trouble breathing
- Have chest pain
- Have problems swallowing
- Are coughing up large amounts of blood or you have heavy bleeding from your nose or mouth

Talk to your doctor or nurse if you have questions or concerns.

如有以下情况，请联系医生：

- 发热超过华氏100.5度或摄氏38度
- 持续2天以上的鼻、喉痛或声音嘶哑
- 其他问题

如有以下情形，请立刻拨打911：

- 呼吸困难
- 胸痛
- 存在吞咽问题
- 严重咳血，或鼻腔或口腔大出血

如果您有任何疑问或疑虑，请咨询您的医生或护士。