The Patient following a Laryngoscopy, Bronchoscopy or Esophagoscopy

Thank you for choosing the Medical College of Georgia Hospitals and Clinics for your health care needs. This information is to help answer some of your questions and to give you instructions to follow. If you have other questions, please feel free to ask your doctor or nurse.

Definitions:

- **Laryngoscopy**: careful examination of the voice box while you are asleep.
- **Bronchoscopy**: examination of the windpipe while you are asleep.
- **Esophagoscopy**: examination of the food passage while you are asleep.

Activity:

1. Avoid vigorous physical activities for two weeks.
2. Do not lift more than 20 pounds for the first three days after the procedure.
3. If you have a laryngoscopy, try not to speak at all for 1 week after the procedure. Carry paper and pen or a magic slate to help you communicate. If you must speak occasionally, use only a soft, low voice. **Do not whisper.**
4. Wash your face, shower, shampoo, bathe and brush your teeth as usual. **Avoid gargling.**

Diet:

1. Drink lots of fluids—at least 8 glasses per day.
2. Drink cold fluids and eat only soft foods. Avoid hard crunchy foods like pretzels and nuts until the soreness is gone.

Medications:

1. Your throat will be sore for several days. Use Tylenol or the prescribed medication for pain control. Avoid aspirin and aspirin-containing products for one week after the procedure, unless otherwise directed by your physician.
2. If you are given a medication which makes you sleepy, do not drive, operate heavy machinery or make serious legal or financial decisions while under its effect.

**Call your physician if:**

- you spit up more than a teaspoon of blood
- you have chest pain
- you become short of breath
• you are unable to swallow fluids
• you have a fever over 101.5° in the first 24 hours
• you have not received the results of the tissue examination within two weeks

**Follow-Up:**

We will give you an appointment to return to the clinic. It is important that you keep this appointment so that your doctor can be sure that you are healing properly and to arrange any further care that you might need.

If you need to speak to a doctor or nurse, please call:

Monday thru Friday, 8:00 a.m. - 4:30 p.m.   (706) 721-

Weekends, Holidays and After hours       (706) 721-
Ask to speak with your doctor or the
_____________________ physician on call

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