



## After Your Bronchoscopy/Laryngoscopy/ Esophagoscopy

1. Do not eat or drink until your ability to swallow and your gag reflex has returned. This may take about 2 to 8 hours. You may drink and have soft foods when your gag reflex is normal.
2. When you are able to swallow and if your throat is sore, you may gargle or use lozenges. Ice cubes also ease throat discomfort.
3. Rest your voice. You may cough, clear your throat, and breathe deeply, as usual.
4. Do not smoke for 24 hours. Smoking will irritate your throat and lung tissues. It will also cause coughing and dislodge the clot.
5. If you have any of the following symptoms, contact your doctor immediately:
  - swelling
  - prolonged or increased cough
  - bleeding
  - difficulty breathing
  - chest pain while breathing
  - dizziness
  - subcutaneous emphysema (air bubbles under the skin and a crackling sensation to the touch)

### Other Instructions:

**Contacts** (Reach the staff members below through the NIH page operator at **301-496-1211**.)

Your Doctor:




This information is prepared specifically for patients participating in clinical research at the NIH Clinical Center at the National Institutes of Health and is not necessarily applicable to individuals who are patients elsewhere. If you have questions about the information presented here, talk to a member of your health care team.

Questions about the Clinical Center?  
OCCC@cc.nih.gov

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