

# Discharge advice following a Thoracoscopy

## Introduction

This leaflet gives you information about the care you will need following a thoracoscopy.

## Sedation

The medications used for sedation can remain in the body for at least 24 hours, gradually wearing off.

**It is therefore very important that a capable adult is available to take you home. You must also have a responsible adult stay with you for the next 24 hours.**

It is also important that for the next 24 hours you follow the advice below:

- You should not drive or ride a bicycle as your reflexes and judgement will be impaired.
- Sedation can make you unsteady on your feet. Please be careful on any stairs and have someone with you if you feel unsteady.
- Your judgement may be affected following the sedation so do not make any important decisions or sign any legal documents.
- Be careful if you use social media.
- You should not return to work, look after dependants, cook or operate machinery.
- You should not drink any alcohol or take sleeping tablets.

## When can I eat and drink?

- You can eat and drink normally after the procedure.
- You can take your usual prescription medications when they are next due.
- If you have any concerns about your medication, please discuss with the nursing staff during the discharge process.

Reference No.

GHPI1646\_08\_24

Department

Endoscopy

Review due

August 2027

## Patient Information

### After the procedure

- The site where the incision was made may be sore for a few days after a thoracoscopy. You may experience some discomfort/ache after the procedure that should settle with simple pain relief such as paracetamol. If the pain is unmanageable or not responding to the pain relief you should contact the consultant's secretary on the number at the end of this leaflet.
- You will have stitches at the site of the incision. These will need to be removed after 10 to 14 days. Please arrange an appointment with the practice nurse at your GP's surgery for the stitches to be removed.
- The incision site will be covered with a dressing; this must be kept clean and dry while the stitches are in place. You can use a hand-held shower but avoid getting the dressing wet.

### When to seek advice

If you develop any of the following, please contact the relevant number below:

- Severe pain in your chest.
- Shortness of breath.
- Swelling around the wound site.
- Bleeding or fluid leaking from the wound site.
- A high temperature.

#### **Between 9:00am and 5:00pm you should contact:**

##### **Gloucestershire Hospitals Switchboard**

Tel: 0300 422 2222

When prompted, ask for the operator. You should then ask the operator to be put through to the Respiratory HOT phone.

#### **Between 5:00pm and 10:00pm you should contact:**

##### **Gloucestershire Hospitals Switchboard**

Tel: 0300 422 2222

When prompted, ask for the operator. You should then ask to be put through to the Respiratory Consultant on call. Please tell the switchboard operator that you have had a **thoracoscopy/bronchoscopy** and it is recommended that you speak to the consultant on call.

**Patient  
Information**

**Between 10:00pm and 9:00am**

Please contact **NHS 111** for advice:

Tel: 111

If you think you require **immediate** medical attention, telephone 999 for an ambulance or go to your nearest Accident & Emergency Department.

**Consultants**

**Dr Steer's secretary**

Tel: 0300 422 6564

Monday to Friday, 9:00am to 5:00pm

**Dr Bintcliffe's secretary**

Tel: 0300 422 4346

Monday to Friday, 9:00am to 5:00pm

**What happens next?**

A follow up appointment will be arranged by your consultant. You may already have this or you will receive the appointment details in the post.

Results from the test and a management plan will be sent to your GP within the next 2 weeks.

**Please contact your GP directly for your test results as these are not disclosed to Endoscopy.**

Content reviewed: August 2024

## Making a choice

### Shared Decision Making

If you are asked to make a choice, you may have lots of questions that you want to ask. You may also want to talk over your options with your family or friends. It can help to write a list of the questions you want answered and take it to your appointment.



### Ask 3 Questions

**To begin with, try to make sure you get the answers to three key questions if you are asked to make a choice about your healthcare.**

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?

These resources have been adapted with kind permission from the MAGIC Programme, supported by the Health Foundation

\* Ask 3 Questions is based on Shepherd HL, et al. Three questions that patients can ask to improve the quality of information physicians give about treatment options: A cross-over trial. Patient Education and Counselling, 2011;84: 379-85



<https://aqua.nhs.uk/resources/shared-decision-making-case-studies/>