



## Bronchial Thermoplasty Instructions

- You will be prescribed a **five day course of prednisone 50mg by mouth daily**, beginning three days prior to each procedure and ending on the day after the procedure. ***It is important that you take all of these doses***, as they will decrease inflammation in your airways and reduce the incidence of bronchospasm during and after the procedure. Your procedure will be scheduled in the afternoon, so you will be able to have a light meal before 8:00am; take that day's prednisone with that meal in order to reduce stomach upset.
- An admission's nurse from St. David's Georgetown Hospital's Ambulatory Care Center (ACC) will call you a day or two before the procedure to gather your medical information and give instructions regarding where and when to report.
- On the day of the procedure, take **3 teaspoons of guaifenesin syrup** with dextromethorphan (plain over-the-counter Robitussin DM) **approximately 90 minutes prior to the procedure**. This will help to reduce cough and excess mucous production during the procedure. Although you will have been asked not to eat or drink, this small amount of liquid will have plenty of time to digest, so as not to cause problems during the procedure.
- You may experience a worsening of your asthma symptoms for one to two days following each procedure (especially the first). This is expected, but please call if you are unable to manage your symptoms with your rescue inhaler and/or nebulized medications.
- Please call if you experience fever greater than 101°F with chills after the first night.
- Someone from our office will be calling in the days before and after your procedure to make sure you are doing well, but please call if you need us sooner. You will be expected to see your pulmonary doctor in clinic along with spirometry testing two weeks after each procedure, so that he or she may monitor your progress. You may schedule these appointments at any time.

For questions or concerns following the procedure, please call (512) 819-0132. We are open Monday through Wednesday 8am-5pm and Thursday and Friday 8am-4pm. After hours or weekends, please call (512) 467-5311. The answering service will contact the physician on-call.