



DISCHARGE INSTRUCTIONS FOR  
Quadroscopy  
Microlaryngoscopy  
Laryngoscopy  
Esophagoscopy  
Bronchoscopy

- Diet** Your next meal should be clear fluids (e.g. jello, broth, tea). Gradually increase your diet over the next 24 hours. Stay on a softer diet for 48 hours.
- Activity** Stay home and rest today. Try to avoid coughing, sneezing and talking for 24 hours.\* If you have to sneeze or cough, open your mouth - do not hold it back.  
*\*Microlaryngoscopy - voice rest can be up to 5 days.*
- Other** You may have a sore throat. Drink plenty of fluids to help your throat feel better. An extra humidifier in the bedroom or inhaling steam may also help your throat.  
  
You may notice a small amount of blood on your tissue when coughing. This is normal.  
  
Follow any other special instructions that your surgeon may give you.
- Follow-up** Arrange a follow-up appointment with your surgeon as instructed.

**CALL YOUR SURGEON DURING OFFICE HOURS OR GO TO THE NEAREST EMERGENCY DEPT. IF:**

1. You have weakness or numbness in the face or have swallowing difficulties.
2. You have chest pain or breathing difficulties.
3. You have bleeding that does not stop.
4. You have a feeling of unwellness that does not go away.
5. You have persistent nausea, vomiting, chills or temperature over 38.5C or 101.3F.
6. You have difficulty passing urine for more than 12 hours after your surgery.