



# What is a bronchoscopy and why is it important in U-BIOPRED?

U-BIOPRED is an IMI funded project, receiving the support of the EU and EFPIA





Bronchoscopy is a procedure that allows a doctor to examine your throat, windpipe, airways and lungs.

It is carried out using a thin viewing instrument called a bronchoscope. The procedure involves a flexible tube that has a camera at the end, which allows your doctor to see into the airways and the lungs.

Some bronchoscopies involve the collection of a small amount of tissue from the airways, either by using tiny forceps or by washing the area and collecting the fluid. Scientists can then use the samples they collect to understand more about the condition of the airways.

### How are bronchoscopies used in the U-BIOPRED project?

Bronchoscopies are used in the U-BIOPRED project to examine the airways of people with severe asthma. The project's aim is to get a much clearer idea of what severe asthma is, how it differs from other types of asthma and from person to person, and uncover new information and ideas that could lead to the creation of effective new treatments and novel ways to diagnose severe asthma more quickly.

Using scientific and medical information on hundreds of adults and children with severe asthma from around Europe, the project's scientists hope to identify different sub-types (known as phenotypes) of severe asthma.

The researchers are hoping to collect this information to help them select the most effective treatment for each patient, and be able to predict the future course of their condition.



## Personal experiences of bronchoscopies

Some people may feel nervous about having a bronchoscopy. Two people involved in U-BIOPRED have shared their experiences of the procedure to explain the process and how it feels for a patient.



### Breda's experience of bronchoscopy

I arrived at the hospital day ward (outpatients department), having fasted since midnight. A doctor told me about the procedure and what to expect:

I would have a line put into a vein, to receive some sedation making me feel sleepy and my throat would be numbed by some spray.

During the bronchoscopy they would do a bronchial lavage (washing), meaning that some water would be squirted into my lungs and removed. This would be sent to the lab to identify if any bacteria were present.

The whole procedure would only take about 15 minutes, and that my throat might be a little sore or dry afterwards.

I would have to rest in the ward for about an hour afterwards and be given some tea and toast, and would need someone to drive me home afterwards in case I was still sleepy from the sedative.

Afterwards I felt fine, just coughed a bit and my throat did feel sore. I went home to rest and felt fine the next day.

To anyone who is considering volunteering to have a bronchoscopy carried out as part of the U-BIOPRED project, or who needs to have their airways checked, I would say, having a bronchoscopy can be a worrying experience if you do not know what to expect, but if having the procedure can help doctors to learn more about your airways and how to treat you and others with lung conditions, it is a worthwhile experience.



## Marleen's experience of bronchoscopy



When participating in a scientific study on asthma last year, I had two bronchoscopies on one day.

I would be lying if I said it was easy, but it was not as terrifying as I had expected. It's a very intense experience, but not painful. The hardest part is that you have to control your urge to cough – which feels very unnatural.

I was glad that I had a doctor who explained the procedure to me in detail before starting. This made me feel well prepared, as I knew what was going to happen and how I would feel during the procedure, which made the whole experience easier.

### About the project

U-BIOPRED (Unbiased BIOmarkers in PREDiction of respiratory disease outcomes) is a research project funded by the Innovative Medicines Initiative (IMI), to understand more about severe asthma that involves universities, research institutes, the pharmaceutical industry, small companies and patient organisations.



More information on U-BIOPRED can be found at:  
[www.ubiopred.european-lung-foundation.org](http://www.ubiopred.european-lung-foundation.org)

More information over IMI and the IMI U-BIOPRED factsheet can be found at: [www.imi-europe.org](http://www.imi-europe.org)

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