

Microlaryngobronchoscopy (MLB) to look at your child's airway

Ear, Nose & Throat

Last reviewed: December 2024

Next review: December 2027

Information for Patients

Leaflet number: 992 Version: 3

What is a microlaryngobronchoscopy (MLB)?

In an MLB a surgeon uses a small telescope (endoscope) to look at your child's airway. That is the voice box (larynx), the windpipe (trachea) and upper part of the lungs (bronchi).

Why does my child need this procedure?

An MLB is usually done because your child has noisy breathing, a hoarse voice/ weak cry, or feeding problems. It will let your surgeon look for the cause.

What to do before the procedure

Arrange for your child to have a week off nursery or school (if appropriate).

Buy a bottle of Calpol and ibuprofen to have at home. Your child may need pain relief after the procedure.

Please call the waiting list office on 0116 258 6058 if your child has a cold, sore throat or chest infection in the 2 weeks before surgery. It will be safer to delay the procedure for a few weeks.

We will send you an admission letter. It will explain what you need to do with your child before the procedure. Your child should not have anything to eat or drink from the time discussed at the pre-assessment. It is important to follow these instructions or the procedure may have to be delayed or cancelled.

The doctor will explain the procedure in more detail and talk to you about any worries you may have.

They will ask you to sign a consent form.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

An anaesthetist will also visit you to explain about the anaesthetic. Please tell the doctor if your child has any medical conditions such as allergies.

Please also tell the surgeon if your child has a history of neck problems, or if they have any loose teeth.

What happens during the MLB?

Your child will be asleep under a general anaesthetic.

The endoscope will be passed through the mouth and into your child's airway to look at the voice box, windpipe and upper part of the lungs.

Depending on the problem, your surgeon may also ask for your permission to carry out surgery. They will use fine instruments, a laser or a balloon to stretch the airway. They will do this at the same as the MLB procedure.

The procedure usually takes about 60 minutes. Your child will wake up after the procedure in the recovery room.

What happens after the MLB?

Your child may have a sore throat after the procedure. The doctor may prescribe some simple painkillers for this.

The doctor will see you later the same day to tell you what they found.

Your child will not be able to eat or drink for 1 to 2 hours after the procedure.

The anaesthetic may make your child feel tired and a little clumsy for around 24 hours after the procedure. Do not let them do anything that may lead to a fall.

Your child will be able to go home the next day. You will be able to stay overnight with your child in the ward. Sometimes your surgeon may be happy for your child to go home on the same day.

If your child needs to be seen in the ENT clinic we will tell about this before leaving the ward.

We will post appointment details to your home address. If you are planning to move or will be on holiday, please tell the nurse looking after you.

If your child needs any medication to go home with, this will be given as soon as possible. Your nurse will tell you about the correct way to give and store this medication. To speed up your discharge process we ask that you buy a bottle of Calpol and ibuprofen to have at home before you come into hospital. **Do not exceed the amount on the bottle for your child's age.**

A letter will be sent to your GP.

What do I need to do at home?

It is best to take your child straight home after leaving hospital. Your child may need to rest and sleep. A few days rest at home after leaving hospital is recommended.

Offer your child frequent drinks. It is best to give light foods to start with, for example, toast, sandwiches, soup, biscuits. Then slowly return them to their normal diet. Avoid rich foods, including

chocolate, ice-cream and fried foods. They may make your child feel sick.

If your child is sick (vomits), give just clear fluids (juice or water) until it settles, then introduce small amounts of food. If your child continues to vomit or develops a fever, and you are concerned, please phone the ward from which your child was discharged.

Your child should be able to return to school or nursery after 2 to 5 days depending on their procedure.

Can there be problems?

MLB is a safe procedure, but every operation has a small risk.

Your child's anaesthetist is an experienced doctor. They are trained to deal with any problems that happen during the procedure. After an anaesthetic some children feel sick and vomit. They may also have a headache, sore throat or feel dizzy. These side effects are usually short-lived and not severe.

There is a small risk that we may chip or knock out a tooth, mainly if it is loose. We may injure your child's lip, tongue or gums. Please let us know if your child has any loose teeth.

There is a small risk of developing a chest infection after this procedure. We may give your child antibiotics to prevent this. Rarely, the airway can become irritable after an MLB. This can cause breathing difficulty, so a breathing tube may need to be inserted. If this happens, your child will need to be admitted to the Children's Intensive Care Unit (CICU) until they improve. If you feel your child's breathing gets worse when they are recovering at home, please call 999 or take your child to the Emergency Department.

Are there any other choices to having an MLB?

Although the doctor can get information from other tests, an MLB can tell them more about your child's condition.

Contact details

If you have any questions, you can ask us at the pre-assessment appointment or on the day of the procedure itself. Or you can contact Ward 19, Leicester Royal Infirmary, on 0116 258 5244 or 0116 258 5534.

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਵਿਰਧਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email equality@uhl-tr.nhs.uk



LEICESTER'S
RESEARCH

Leicester's Hospitals is a research active trust so you may find research happening on your ward or in your clinic. To find out about the benefits of research and become involved yourself, speak to your clinician or nurse, call 0116 258 8351 or visit www.leicestersresearch.nhs.uk/patient-and-public-involvement