



PREPARING FOR BRONCHOSCOPIC LUNG VOLUME REDUCTION: A RESOURCE GUIDE FOR PATIENTS



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ABOUT THE TEMPLE LUNG CENTER

The Temple Lung Center is renowned for its experienced medical staff, superior outcomes, and leading-edge research. The Temple Lung Center helps people with serious lung disease breathe easier and live more active lives. Many of the Lung Center's doctors are known internationally for their expertise, and some have even helped write the treatment guidelines that other doctors follow.

A distinguishing feature of the Lung Center is its active and innovative research program that is working to discover new treatments and test life-saving devices. Temple's robust slate of clinical trials provides patients with access to new or novel therapies that are not found at most hospitals.





INSTRUCTION ON BRINGING OR SENDING MEDICAL RECORDS TO TEMPLE IN ADVANCE OF YOUR APPOINTMENT

It's important to note that if you have had any CT scans or Chest X-rays done, your physician at the Temple Lung Center will want to review them during your scheduled appointment. Please reach out to the radiology facility where you had your imaging and request for a copy to be put on a compact disc to bring with you to your appointment. If you decide to have records sent to Temple Lung Center, please use the complete mailing address listed below.

Mailing address:

Temple University Hospital

3440 N Broad Street

Kresge Hall, Suite 700

Attn: Heather German

Philadelphia, PA 19140

Please bring the following information with you to your appointment:

- A compact disc containing copies of your CT scans or Chest X-rays
- Referral/copay (if required by your insurance)
- Insurance cards
- List of current medications and supplements (prescription and non-prescription)
- Medical records including all doctor's notes from previous appointments



BRONCHOSCOPIC LUNG VOLUME REDUCTION (BLVR): YOUR MOST FREQUENTLY ASKED QUESTIONS

To help our patients feel comfortable and informed about the BLVR procedure, below is a collection of frequently asked questions.

What type of valves are available?

There are two FDA-approved endobronchial valves on the market for BLVR. The Zephyr® Endobronchial Valve and the Spiration® Valve System. Both valves have been proven effective for patients with severe emphysema. The type of valve chosen is decided on by your medical team.

The Zephyr® Endobronchial Valve functions as a one-way valve that closes on inhalation to avoid air entering the diseased portion of the lung, then opens on exhalation to release trapped air.

The Spiration® Valve System is an umbrella-shaped, one-way valve that prevents airflow into the target lobe of the lung. Trapped air and secretions escape naturally along the airway wall.

Is it an inpatient or outpatient procedure?

BLVR is an inpatient procedure that takes place at Temple University Hospital – Main Campus.

Will I be under anesthesia?

Yes, general anesthesia is used for patients who undergo BLVR.

How long is the procedure?

Typically, the BLVR procedure lasts around 60 minutes, but could be longer.

How long will I be in the hospital?

Patients who receive BLVR stay at Temple University Hospital – Main Campus for a minimum of 4 nights for observation and X-rays to rule out any complications.

How long until I can be scheduled for the procedure after seeing the physician?

The typical wait time is about 4–6 weeks. This provides patients with time to undergo the necessary testing required prior to the procedure.

What tests are needed?

The following tests are required to determine if you might be a good candidate for treatment:

- Pulmonary function testing
- Cardiopulmonary exercise test
- Arterial blood gas
- 6-minute walk test
- High-resolution computed tomography (chest)
- Echocardiography
- Nuclear medicine cardiac stress test
- Nuclear medicine perfusion scan

After these tests are complete, you will be scheduled to review with your Temple pulmonologist.



What complications can occur?

Every medical procedure has risks. Some of the complications that may occur with BLVR include:

Worsening of COPD Symptoms – In a very small number of patients, COPD symptoms may worsen after BLVR. This can include difficulty breathing or a fast heartbeat.

Respiratory failure – This is a serious problem that can occur when the exchange of oxygen and carbon dioxide in the lungs doesn't occur. This rare complication from BLVR can lead to difficulty breathing.

Pneumonia – Because it is minimally invasive, BLVR carries a much lower risk of infection than surgery. However, there is still a chance that you may get pneumonia.

Pneumothorax — This occurs when air builds up in the space between the chest wall and lungs. There is a chance this complication may occur following BLVR, and in most cases is treated by a temporary tube that lets air escape.

Who is a Candidate for BLVR using Endobronchial Valves? You could be considered for this procedure if you:

- Have chronic obstructive pulmonary disease (COPD), specifically emphysema and severe hyperinflation
- Have not had major lung procedures such as lung transplant or LVRS
- Do not have major heart conditions such as uncontrolled atrial fibrillation or a recent heart attack
- Have not smoked for at least 4 months



MEET THE TEAM

Temple's Bronchoscopic Lung Volume Reduction (BLVR) medical team has unparalleled experience and is led by Temple Lung Center Director Dr. Gerard J. Criner, an internationally respected clinician, researcher, and educator. His BLVR team also encompasses a program coordinator and a patient liaison to ensure a seamless process for patients undergoing the BLVR treatment.

**Gerard J. Criner, MD:**

Dr. Gerard J. Criner is an international leader in pulmonary care. An active researcher who has more than 300 scientific publications to his credit, Dr. Criner focuses on investigating new therapies for COPD, emphysema and other advanced lung conditions. He has been involved in every major BLVR study over the past 25 years. He led the medical teams that carried out the EMPROVE and LIBERATE clinical trials that resulted in FDA approvals of the Spiration™ Valve System and Zephyr™ valves. He was also the first in the country to implant both valves after FDA approval.

**Jiji Thomas:**

Jiji Thomas is the Program Coordinator at Temple University Hospital. Jiji has been a part of the Temple Lung Center for the last eight years. He previously worked with our research team and conducted extensive clinical research for both the Spiration™ Valve System and the Zephyr™ Endobronchial Valve. As the program coordinator, Jiji plans, coordinates, and oversees all program needs that relate to the bronchoscopic lung volume reduction program. He works closely with patients who have undergone, or plan to undergo, BLVR to schedule follow-up appointments, answer questions, and make sure their needs are met.

**Heather German:**

Heather German is the patient liaison for the Temple Lung Center. Her primary duties include coordinating the intake for our advanced disease programs in medical, interventional, or surgical care. Heather takes a detailed approach to preparing a patient for their initial visit and provides clear and timely communication. Heather believes accessibility and clear expectations are keys to optimal care and excellent outcomes, as well as the best possible patient experience at Temple Health.



TRAVEL/ACCOMMODATIONS

There are several accommodation options close to Temple University Hospital:

Conwell Inn:

(215) 235-6200

Cost: \$134 per night + tax

Address: 1331 W. Polett Walk, Philadelphia, PA 19122

Distance: 2 miles

- Parking: \$15 per night (reserve ahead of time)
- Located on Temple University's Campus
- Close to many quick restaurants and coffee shops
- Closest Hotel to Temple University Hospital
- Free Wi-Fi

Home2 Suites:

(877) 646-6302

Cost: \$139 per night + tax

Address: 1200 Arch Street, Philadelphia, PA 19107

Distance: 3.7 Miles

- Complimentary Breakfast, Free WIFI, Indoor pool
- Pet Friendly

Hilton Garden Inn:

(215) 923-0100

Cost: \$155 per night + tax

Address: 1100 Arch St, Philadelphia, PA 19107

Distance: 4 miles

- Parking: \$35 Per Night
- Complimentary Wi-Fi, Fitness & Business Center
- Nearby to Philadelphia's Historical Sites
- Adjacent to Reading Terminal Market

Philadelphia Marriott Downtown:

(215) 625-2900

Cost: \$149 per night + tax

Address: 1201 Market St, Philadelphia, PA 19107

Distance: 4 miles

- Parking: \$49 per night (Valet)
- Restaurants on site
- Across from Reading Terminal Market
- Connected to Pennsylvania Convention Center
- Please mention NON-GROUP RESERVATION

Cambria Philadelphia Hotel:

(215) 732-5500

Cost: Hospital Rate for Temple 20% discount

Temple Discount at Cambria Philadelphia Hotel

Address: 219 S Broad St, Philadelphia, PA 19107

Distance: 4.2 miles

- Parking: Valet only \$45
- Complimentary Wi-Fi, 24 hour Fitness Center
- Equipped with microwave, refrigerator
- Several on-site dining including a roof top restaurant

Courtyard Philadelphia Downtown:

(215) 496-3200

Cost: \$166 per night + tax

Address: 21 North Juniper Street, Philadelphia, PA 19107

Distance: 4.2 miles

- Parking: Valet only \$44 + tax per night; \$28 for the day
- Free Wi-Fi, Fitness Center
- On-site Laundry
- Nearby to City Attractions & Restaurants
- Reading Terminal Market, 13th Street



Sonesta Hotel:

(215) 561-7500

Cost: \$145 per night Temple University Hospital Rate

Address: 1800 Market Street, Philadelphia, PA 19103

Distance: 4.3 miles

- Parking: 50% off overnight valet parking
- Free Wi-Fi, and Fitness Center
- Complimentary Access to Sports Club
- Access to Public Transportation
- Nearby Restaurants

Windsor Suites Philadelphia:

(609) 405-2588 CODE: TEMPLE

Cost: \$139 per night + tax The Windsor Suites –

Temple Hospital Rate

Address: 1700 Ben Franklin Parkway, Philadelphia, PA 19103

Distance: 4.3 miles

- Complimentary Wi-Fi
- Full Equipped Kitchen
- Seasonal Roof-top Pool
- Two On-site Restaurants
- On-site car Rental

Rodeway Inn:

(215) 546-7000

Cost: 10% discount

Address: 1208 Walnut Street, Philadelphia, PA 19107

Distance: 4.4 miles

- \$15/ day Parking
- Complimentary Wi-Fi Services
- Nearby Restaurants

Double Tree Hotel:

(215) 893-1600

Cost: \$165 per night + tax

Address: 237 South Broad Street, Philadelphia, PA 19107

Distance: 4.7 miles

- Parking: \$28 per night (Self) / \$42 per night (Valet)
- Complimentary Wi-Fi in Hotel Lobby
- Selection of Restaurants within Walking Distance

Wyndham Philadelphia:

(215) 923-8660

Cost: \$116 per night + tax

Address: 400 Arch Street, Philadelphia, PA 19106

Distance: 4.8 miles

- Parking: \$5 per night (Hospital rate)
- Free Wi-Fi, Seasonal Pool, & Fitness Center
- Within walking distance to Historic District

Courtyard Marriott Philadelphia City Ave:

(215) 477-0200

Cost: \$144 per night + tax www.marriott.com/phlav Code: TU3

Address: 4100 Presidential Blvd. Philadelphia, PA 19131

Distance: 5 miles

- Free Parking, Wi-Fi and 24 Hour Business Center
- Fitness Center and Indoor Pool
- Lobby Bistro and 24-Hour Marketplace
- Multiple Restaurants and Grocery store adjacent

Four Points Sheraton:

(215) 671-9600

Cost: \$83 per night

Address: 9461 Roosevelt Blvd, Philadelphia, PA 19114

Distance: 9.6 miles

- Free Parking & Complimentary Wi-Fi
- Fitness Center, & Business Center
- Heated Salt Water Indoor Pool
- Local Dining Options, Supermarket
- Retail shopping within walking distance



LONG TERM STAYS

Marriott Residence Inn:

(215) 557-0005 ext. 4401

Cost: Based on length of stay

Address: 1 East Penn Square, Philadelphia, PA 19107

Distance: 4.1 miles

- 5 Star Parking Garage Nearby - \$27 per night self/ \$51 Valet
- Free Wi-Fi, Meeting Space, & On-site Laundry Facilities
- Social Hour with Food for All Guests (3x a week)
- Walking Distance to Restaurants

AKA Rittenhouse:

(215) 825-7000

Cost: Based on length of stay

Address: 135 S 18th St, Philadelphia, PA 19103

Distance: 4.2 miles

- Parking: \$20 per night
- Located in beautiful Rittenhouse Square
- Ideal for long-term stays
- Suites fully furnished with full kitchens

The Franklin Residences:

(267) 314-2108

Cost: \$115-155 for 1 Bedroom: \$180-205 for 2 Bedrooms

Address: 834 Chestnut Street, Philadelphia, PA 19107

Distance: 4.3 miles

Parking: \$11 per night

- Located right of Washington Square Park
- Includes Welcome Grocery Package, WiFi & Fitness Center
- Spacious fully furnished suites with full kitchen & washer/dryer
- Close to many restaurants, bars and shops

**All prices subject to change*

TAXI 24/7 SERVICE

IF PAYING WITH CASH:

- 215-225-2171

IF PAYING WITH A CREDIT OR DEBIT CARD:

- Get-a-Cab: 215-438-2222
- Old City Taxi: 215-338-0838
- Philadelphia Taxicab: 215-666-6666

IF PAYING WITH A VOUCHER:

Germantown Taxi: 215-438-8888

Yellow Cab: 215-333-3333



GUEST RELATIONS AT TEMPLE UNIVERSITY HOSPITAL

The Guest Relations team at Temple University Hospital provides concierge services to patients and their families, with the goal of making your stay as comfortable as possible.

Office Location:

- Broad & Ontario St. Lobby

Office Hours:

- Monday to Friday: 9AM–6PM
- Saturday & Sunday: 12PM–4PM

Office Number & Email:

NUMBER: 215-707-5470

EMAIL: GuestRelations@tuhs.temple.edu

TEMPLE UNIVERSITY HOSPITAL PARKING

To purchase discounted weekly/monthly passes, please proceed to the parking attendant booth located at the Ontario East Garage 1st Floor

HOURS OF OPERATION:

Monday–Sundays
7AM–10PM

Location: Ontario East or Boyer Pavilion
Self-Park Only, No Valet

Weekly Parking Pass: \$28.85
(Renew Pass: \$21.15; receive additional 3 weeks)

Monthly Parking Pass: \$50.00

Method of Payment: Debit/Credit Card Only



FINDING YOUR WAY AROUND TEMPLE UNIVERSITY HOSPITAL



USE THIS ADDRESS IN YOUR GPS FOR THE BOYER PARKING GARAGE:

1311 W Tioga Street
Philadelphia, PA 19140

Arriving at the Hospital

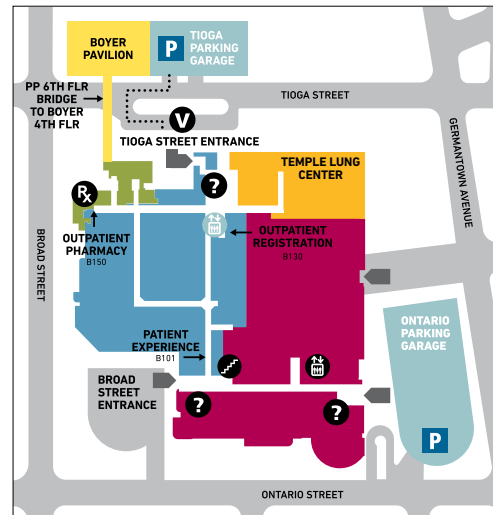


Temple Lung Center patients and their families should plan to park in the Boyer Parking Garage located at Broad and Tioga Streets.



Please enter the hospital at the Tioga Lobby across the street from the parking garage. Valet parking is located here and is available free of charge.

Navigating The Lung Center



Temple Lung Center is located on the 5th Floor of Zone D (orange). (See next page for enlarged map)



When you arrive at the clinic, please check in at the front desk.



Temple Health refers to the health, education and research activities carried out by the affiliates of Temple University Health System (TUHS) and by the Lewis Katz School of Medicine at Temple University. TUHS neither provides nor controls the provision of health care. All health care is provided by its member organizations or independent health care providers affiliated with TUHS member organizations. Each TUHS member organization is owned and operated pursuant to its governing documents.

Non-discrimination notice:

It is the policy of Temple University Hospital, Inc. that no one shall be excluded from or denied the benefits of or participation in the delivery of quality medical care on the basis of race, ethnicity, religion, sexual orientation, gender, gender identity/expression, disability, age, ancestry, color, national origin, physical ability, level of education, or source of payment.

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