



**BAYSWATER**

Knox Day Hospital  
520 Mountain Hwy  
Bayswater

**FRANKSTON**

Bayside Day Procedure  
& Specialist Centre  
141 Cranbourne Rd  
Frankston

**HAMPTON**

Hampton Day Hospital  
338 South Rd  
Hampton East

**NARRE WARREN**

Casey Day Hospital  
30-32 Verdun Dve  
Narre Warren

**ROSEBUD**

Rosebud Day Hospital  
29-31 Boneo Rd  
Rosebud

## APPOINTMENT DETAILS

Patient Name: \_\_\_\_\_ Appointment Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ Time: \_\_\_\_\_

## PATIENT DETAILS

Dear Doctor, thank you for seeing this patient with the following problem:

for consideration of:  GASTROSCOPY  COLONOSCOPY  CAPSULE ENDOSCOPY

Please provide an opinion and suggest to Management. This Endoscopy request includes a referral for pre-procedure consultation and pre-anaesthetic assessment.

Referring Doctor: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Fax: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ Provider No.: \_\_\_\_\_ Signature: \_\_\_\_\_

**Potential High Anaesthetic Risk.** Patient requires pre-anaesthetic assessment one week before procedure.

## PATIENT INFORMATION

**Gastroscopy** is a test to examine the inside of your oesophagus, stomach and duodenum. You will be given an intravenous injection, which will induce a light sleep and then a flexible tube (gastroscope) will be passed through your mouth into the stomach.

**Colonoscopy** is a test to examine the inside of the large bowel. After an intravenous injection to induce light sleep, a flexible tube (colonoscopy) will be passed through the back passage along the large bowel. Through this tube, the lining of the bowel can be examined and polyps removed. The bowel must be empty for this examination – a bowel preparation is therefore required for colonoscopy.

**Both gastroscopy and colonoscopy are not painful and you will not feel or remember these tests.**

**PLEASE TURN OVER FOR INSTRUCTIONS**

May 2023



## GENERAL INSTRUCTIONS

1. PLEASE ARRANGE FOR A FRIEND OR RELATIVE TO COLLECT YOU ABOUT 1½ HOURS AFTER THE TEST, AS YOU CANNOT DRIVE OR LEAVE THE HOSPITAL ON YOUR OWN (you should not drive or operate machinery for 12 hours and remain in care of a responsible adult).
2. BRING YOUR MEDICARE CARD, ANY PRIVATE HEALTH INSURANCE DETAILS, PENSION / HEALTH CARE CARD IF APPLICABLE, LIST OF MEDICATIONS, READING GLASSES AND THIS REFERRAL.
3. PLEASE WEAR LIGHT CASUAL CLOTHING AND DO NOT BRING VALUABLES WITH YOU.

## COLONOSCOPY INSTRUCTIONS

1. PURCHASE 3 SACHETS OF PICOSALAX. from your local chemist (prescription is not required). These are laxatives to be ingested the day before the test and will cause frequent, loose bowel actions. Please ensure that you use only as directed.  
*Note: If you have constipation contact Direct Endoscopy on 9781 5959 for alternative instructions*
2. If you are on IRON tablets these should be stopped four days prior to the test. If you take medication for Diabetes (tablets or Insulin injections) or any blood-thinning medication including WARFARIN, XARELTO, PRADAXA, ELIQUIS please consult your Doctor or contact the centre in case the dosage needs to be adjusted.
3. A few days before the colonoscopy procedure you should start eating a low-fibre (low residue) diet: no wholegrains, nuts, seeds, dried fruit, or raw fruits or vegetables. Fruit juices, white bread, refined breakfast cereals, meat and dairy foods are allowed. Dark colouring in your bowel can lead to inaccuracies during the colonoscopy, so **avoid drinking or eating anything coloured red or purple.**
4. **ON THE DAY BEFORE THE TEST.** You are to have **no solid foods, milk products or orange juice.** Instead consume **ONLY** clear fluids such as water, cordial, clear fruit juice, clear broth, black tea/coffee with sugar, jelly (Not red), barley sugar lollies and soft drinks, Hydrolyte drinks, lemonade icy poles and honey. **Nothing with red or purple food colouring**

- At 4pm add one sachet of PICOSALAX to 120mls of water, stir and drink the solution over 30 minutes.
- At 6pm add one sachet of PICOSALAX to 120mls of water, stir and drink the solution over 30 minutes.
- At 8pm add one sachet of PICOSALAX to 120mls of water, stir and drink the solution over 30 minutes.

**You must drink between 2-3 litres of the above liquids throughout the day.**

(If necessary you may use a barrier cream, such as Vaseline or Bepanthen to help with redness or discomfort).

5. **The day of your Colonoscopy:** Continue to not eat and **DO NOT DRINK ANYTHING** 4 hours before the procedure, unless instructed by your Doctor.

## GASTROSCOPY INSTRUCTIONS

**DO NOT EAT ON THE DAY OF YOUR PROCEDURE / DO NOT DRINK ANY FLUIDS FOR 4 HOURS PRIOR TO THE PROCEDURE.**

However you may take your usual medication with a sip of water at least 2 hours before the test, unless instructed otherwise by your Doctor. If you take medication for diabetes (tablets or Insulin injections) please consult your Doctor or contact the centre in case the dosage needs to be adjusted.

## SAFETY AND RISKS

For inspection of the bowel alone, complications of colonoscopy are uncommon. Most surveys report complications in 1 in 1,000 examinations or less.

Complications, which can occur, include an intolerance of the bowel preparation solution or reaction to sedative used.

Perforation (making a hole in the bowel) or major bleeding from the bowel is extremely rare but if occurs, may require surgery. When operations such as removal of polyps are carried out there is slightly higher risk of perforation or bleeding from the site where the polyp has been removed. Because of the risk of cancer, it is recommended that all polyps found at the time of colonoscopy be removed. However, it will not be possible to discuss the removal with you at the time of examination, as you will be sedated. If you have any queries or reservations about this, please inform your Doctor.

In the unlikely event of hemorrhage occurring, blood transfusion may be necessary.

## SERVICES OFFERED

	BAYSWATER	FRANKSTON	HAMPTON	NARRE WARREN	ROSEBUD
ENDOSCOPY	●	●	●	●	●
BREATH TESTING			●		
LIVER FIBROSIS SCAN		●			
IRON INFUSION	○		○		○
● Currently operating    ○ Coming soon					