

Someone MUST Collect You After the Test and Stay with You Overnight

Due to the use of anaesthetic during our endoscopy procedures, the effects will make you drowsy and incapable of legally driving yourself home.

Please arrange for a friend or relative to collect you about one and a half hours after the test, as you cannot drive or leave the hospital on your own. Your procedure will be cancelled on the day if you do not have a friend or relative to pick you up and you will still be liable for the out of pocket costs of your procedure.

You are not able to take a Taxi or Uber/Rideshare home.

A COVID RAT test is required the day prior to your procedure, before taking bowel preparation sachets, please take a photo of the negative test to show us upon arrival at the centre

Colonoscopy Patient Preparation

If you have made an appointment with us for a colonoscopy procedure, you will need to follow the prescribed preparation instructions below. Proper patient preparation is very important for the procedure to be successful and safe.

Cancellation Policy

Please note that we require **two full business days notice** to be eligible for a refund of your procedure. **There will be a cancellation fee for appointments cancelled or not attended with less than two full business days notice.**

General Preparation Instructions

Ozempic and any other GLP-1/GIP agonists must be withheld for two weeks prior to your procedure

The following is a requirement of all endoscopy patients.

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What to bring with you:

- Referral from your Doctor
- Medicare card (*Please inform staff when booking if you have no Medicare card, Interim card or reciprocal card*)
- Private insurance card (if applicable)
- Pensioner/health care card
- Account payment (*Direct Endoscopy accepts MasterCard, Visa or cash and provides EFTPOS facilities to facilitate easy payment of accounts on the day*)
- List of medications
- Reading glasses (if necessary)

Wear Loose Clothing and Leave Valuables Behind

Please wear light casual clothing and do not bring valuables with you.

Remove Lipstick and Jewellery

Please do not wear lipstick or jewellery.

Remain Under Competent Supervision For 12 Hours

For 12 hours after the procedure, you should remain in the care of a responsible adult and not drive or operate machinery.

Specific Preparation for Colonoscopy

The following are specific preparation instructions for patients with an appointment for the colonoscopy procedure.

We recommend that you purchase 4 sachets of Picosalax

Picosalax is available from your Local Chemist. These are laxatives to be ingested the day before the test and will cause frequent, loose bowel actions. Please ensure that you only use as directed.

Note: If you have constipation, contact Direct Endoscopy on 9781 5959 for alternative instructions.

Consult Your Doctor about Current Medication

If you are on **IRON** tablets, these should be **stopped four days** prior to the test.

If you take **WARFARIN, PRADAXA, XARELTO or ELIQUIS** please consult your Doctor.

You must **stop** all other Diabetic tablets the day before and the morning of your procedure. **Bring** your diabetic medication with you to your appointment.

If you take **INSULIN**, please contact your Doctor to adjust dosage.

If you are Diabetic and take any of the following medications listed below, you must stop those tablets for TWO days prior to your colonoscopy as well as on the morning of the colonoscopy

procedure. Please speak to your Doctor/GP/Endocrinologist about an alternative oral hypoglycaemic as required:

FORXIGA (dapagliflozin) Tablets

XIGDUO XR (dapagliflozin and metformin hydrochloride XR) Tablets

QTERN (dapagliflozin and saxagliptin) Tablets

JARDIANCE (empagliflozin) Tablets

JARDIAMET (empagliflozin and metformin hydrochloride) Tablets

GLYXAMBI (empagliflozin and linagliptin) Tablets

STEGLATRO (ertugliflozin) Tablets

SEGLUROMET (ertugliflozin and metformin hydrochloride) Tablets

STEGLUJAN (ertugliflozin and sitagliptin) Tablets

On the day before the test

If you have constipation, contact Direct Endoscopy on 9781 5959 for alternative instructions.

If your appointment is **BEFORE 1:00pm**

You are to have **no solid foods, milk products or orange juice the whole day before your procedure**. You may have 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. **AVOID ALL DRINKS THAT ARE RED IN COLOUR**. Avoid alcohol for 24 hours prior to your procedure.

Alternate your Fluids as above. You must drink a minimum of 3 litres of the above liquids throughout the day

- At 2pm add one sachet of PICOSALAX to a glass of water, stir and drink the solution over 30 minutes.
- At 4pm add one sachet of PICOSALAX to a glass of water, stir and drink the solution over 30 minutes.
- At 6pm add one sachet of PICOSALAX to a glass of water, stir and drink the solution over 30 minutes
- At 8pm add one sachet of PICOSALAX to a glass of water, stir and drink the solution over 30 minutes

(If necessary you may use a barrier cream, such as Vaseline or Bepanthen)

IMPORTANT! Do not drink anything for 3 hours prior to the test!

You may take your usual medication with a sip of water no later than 2 hours before the test unless otherwise instructed by your Doctor.

If your appointment is **AT OR AFTER 1:00pm**

You can have a light breakfast before 8:00am the day before your procedure (piece of toast with no seeds and a cup of tea). **No solid foods, milk products or orange juice after 8:00am for the remainder of the day before.** You may have 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. **AVOID ALL DRINKS THAT ARE RED IN COLOUR.**

Alternate your Fluids as above. You must drink a minimum of 3 litres of the above liquids throughout the day

- At 4pm add one sachet of PICOSALAX to a glass of water, stir and drink the solution over 30 minutes.
- At 6pm add one sachet of PICOSALAX to a glass of water, stir and drink the solution over 30 minutes.
- At 8pm add one sachet of PICOSALAX to a glass of water, stir and drink the solution over 30 minutes
- At 7am on the morning of your procedure add one sachet of PICOSALAX to a glass of water, stir and drink the solution over 30 minutes

(If necessary you may use a barrier cream, such as Vaseline or Bepanthen)

IMPORTANT! Do not drink anything for 3 hours prior to the test!

You may take your usual medication with a sip of water no later than 2 hours before the test unless otherwise instructed by your Doctor.

Safety and Risks

Complications of gastroscopy are very rare and may include bleeding or perforation. For inspection of the bowel alone, complications of colonoscopy are uncommon. Most surveys report complications in 1 in 1000 examinations or less.

Complications, which can occur, include an intolerance of the bowel preparation solution and scope disinfection solution used. Perforation (making a hole in the bowel), splenic injury 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 a slightly higher risk of perforation and bleeding. 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.

Before you have a colonoscopy, you need to make sure your bowel is as clear as possible. If your bowel is not clear, polyps or even cancers may be missed, or you may need to have the colonoscopy again. This means it is important for you to follow the instructions carefully and ask questions if you do not understand what to do. To get your bowel ready for the colonoscopy, you will be told what (and what not) to eat and drink, including when to drink extra fluids to stop you from getting dehydrated. You will be given or asked to buy, medicine to clear out your bowel by causing diarrhoea. Make sure you understand when to take the medicines, usually starting the day before the colonoscopy. Your doctor or nurse will explain how these medicines may affect you. You should tell them about any previous experience you have had with bowel preparation. Preparation for colonoscopy can also affect your other health conditions or medicines, such as medicines for diabetes or medicines to prevent blood clots. You may need to change the way you take your other medicines or follow special instructions in the days before your colonoscopy. Your Clinician will discuss with you any changes you may need to make. Some people may need extra personal or health support during bowel preparation and a few may need an overnight stay in hospital.

Our Gastroenterologists

Our [gastroenterologists](#) constantly strive to provide the highest standard of digestive health services and patient centred care. The easiest way to achieve the most accurate results and have the best patient experience is to ensure you follow all of the colonoscopy preparation instructions.