

GENERAL INSTRUCTIONS

1. PLEASE ARRANGE FOR A FRIEND OR RELATIVE TO COLLECT YOU ABOUT 1½ HOURS AFTER THE PROCEDURE, AS YOU CANNOT DRIVE OR LEAVE THE HOSPITAL ON YOUR OWN (you cannot take a taxi/Uber home on your own; you should not drive or operate machinery for 12 hours and remain in care of a responsible adult overnight).
2. BRING YOUR MEDICARE CARD, ANY PRIVATE HEALTH INSURANCE DETAILS, LIST OF MEDICATIONS, READING GLASSES AND THIS REFERRAL.
3. PLEASE WEAR LIGHT CASUAL CLOTHING AND DO NOT BRING VALUABLES WITH YOU.
4. If you are Diabetic and take any of the following medications listed, you must stop those tablets for **THREE days** prior to your colonoscopy as well as on the morning of the colonoscopy procedure and for the morning of the procedure if you are only having a gastroscopy 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, JARDIOMET (empagliflozin and metformin hydrochloride) Tablets, GLYXAMBI (empagliflozin and linagliptin) Tablets, STEGLATRO (ertugliflozin) Tablets, SEGLUROMET (ertugliflozin and metformin hydrochloride) Tablets, STEGLUJAN (ertugliflozin and sitagliptin) Tablets
5. We recommend that these drugs for diabetes and weight loss are stopped for **TWO weeks** before your procedure:Ozempic, Trulicity, Saxenda, Mounjaro - but this needs to be approved prior by your GP/referring doctor that it is safe for you to do so.
6. We recommend that these blood thinning drugs are stopped for **TWO days** prior to your procedure: Xarelto, Pradaxa, Eliquis -but this needs to be approved prior by your GP/referring doctor that it is safe for you to do so. You will need to consult your GP/referring doctor if you are taking Warfarin.

COLONOSCOPY INSTRUCTIONS

1. **PURCHASE 4 SACHETS OF PICOSALAX.** from your local chemist (prescription is not required). These are laxatives to be ingested the day before the procedure and will cause frequent, loose bowel actions. Please ensure that you use only as directed. Note: If you have severe constipation or have failed the bowel preparation before contact Direct Endoscopy on 9781 5959 for alternative instructions.
2. If you are on IRON tablets these should be stopped 4 days prior to the procedure.
3. **IF YOUR APPOINTMENT IS BEFORE 1PM:**
ONE FULL DAY PRIOR TO THE PROCEDURE 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, barley sugar lollies and soft drinks, Hydrolyte drinks, lemonade icy poles and honey. Nothing with red or purple- food colouring. You must drink between 2-3 litres of the above liquids throughout the day and during Picosalax preparation.
 - At 2pm add one sachet of PICOSALAX to 120mls of water, stir and drink the solution over 30 minutes.
 - 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.
(If necessary you may use a barrier cream, such as Vaseline or Bepanthen to help with redness or discomfort).
4. **IF YOUR APPOINTMENT IS AFTER 1PM:**
ONE FULL DAY PRIOR TO THE PROCEDURE you can have a light breakfast (i.e. piece of toast and cup of tea) before 8am. After 8am 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, barley sugar lollies and soft drinks, Hydrolyte drinks, lemonade icy poles and honey. Nothing with red or purple food colouring. You must drink between 2-3 litres of the above liquids throughout the day and during Picosalax preparation.
 - 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.
 - At 7am the morning of your procedure, add one sachet of PICOSALAX to 120mls of water, stir and drink the solution over 30 minutes.
(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 FOR 3 HOURS before the procedure, unless instructed by your Doctor.

6. You may take your usual medication with a sip of water up to 2 hours before the procedure, unless instructed otherwise by your Doctor. If you take medication for blood thinners or diabetes (tablets or injections) please consult your GP/referring Doctor in case the dosage needs to be adjusted.

GASTROSCOPY INSTRUCTIONS

DO NOT EAT ON THE DAY OF YOUR PROCEDURE. CLEAR FLUIDS ONLY UP TO 3 HOURS PRIOR TO THE PROCEDURE.

However you may take your usual medication with a sip of water up to 2 hours before the procedure, unless instructed otherwise by your GP/ referring Doctor. If you take medication for blood thinners or diabetes (tablets or injections) please consult your GP/referring Doctor in case the dosage needs to be adjusted.

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.





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

PATIENT DETAILS

Patient Name: _____ Patient Date of Birth: _____

Patient Address: _____

APPOINTMENT DETAILS - Patient must contact Direct Endoscopy to book an appointment

Appointment Date: ____/____/____ Time: _____

REFERRAL DETAILS

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

*Please attach Medication and Medical Summary to this referral if required.

For consideration of: GASTROSCOPY COLONOSCOPY CAPSULE ENDOSCOPY

Please provide an Opinion and suggested Management. This Endoscopy request includes a referral for pre-procedure consultation and pre-anaesthetic assessment.

Referring Doctor: _____ Provider No.: _____

Address: _____

Phone: _____ Fax: _____

Signature: _____ Date: ____/____/____

INFORMATION FOR PATIENTS

Gastroscopy is a procedure 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 procedure to examine the inside of the large bowel. After an intravenous injection to induce light sleep, a flexible tube (colonoscope) 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 procedures.

PLEASE TURN OVER FOR PROCEDURE PREPARATION INSTRUCTION

Last Updated March 2024

