



Springvale Endoscopy Centre

A FULLY ACCREDITED DAY PROCEDURE FACILITY

20 Balmoral Avenue, Springvale, VIC 3171

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www.springvaleendoscopy.com.au

Email: receptionsec@outlook.com

- Consultation
- Gastroscopy
- Colonoscopy
- Capsule Endoscopy
- Haemorrhoid Banding
- Minor Surgery

Dr Anh Huan Le
MBBS, BMedSci, FRACP

Dr Amir Safe
MD, MBBS, FRACP

Dr Eu Jin Lim
MBBS, FRACP

Dr Anne Kidman
MBBS, FRACP

Dr Viet Pham
MBBS, FRACS

Mr Niyaz Naqash
MBBS, MS, FRACS

Dr Lucy Lim
MBBS, FRACP

Dr Qurat-UI-Ain Rizvi
MBBS, FRACP

PATIENT DETAILS

Name:

Date of Birth: Tel:

Private Health Insurance: Yes / No

Fees:

REFERRING DOCTOR DETAILS

Name:

Provider No.:

Tel: Fax:

Signature: Date:

CLINICAL NOTES

Indications:

Medications:

Allergies:

Diabetic: Insulin Oral, details

Anticoagulant/Antiplatelet: Warfarin Aspirin Clopidogrel/Prasugrel/Ticagrelor Rivaroxaban/Apixaban/Dabigtran

FOR COLONOSCOPY:

Previous colonoscopy: YES / NO - Last colonoscopy (please attach details if known):

Positive FOBT Abdominal pain/bloating PR bleeding or mucus production

Iron deficiency Unexplained weight loss Anaemia Abnormal imaging

Recent change in bowel habits: constipation/diarrhoea/tenesmus/change in frequency

Family history of colon cancer - details:

Previous colon polyps details:

Management of inflammatory bowel disease

IMPORTANT NOTES

- Please bring your **GP referral and list of all current medications** to the hospital on the day of your procedure.
- Your total stay at the day surgery inclusive of waiting time can be up to **3 hours**.
- If you are on **Aspirin, Plavix, Iscover, Warfarin, Pradaxa and other blood thinning medications** please inform the centre.
- If you are on **diabetic medications** and / or on **Insulin**, please inform on booking.
- Please notify on booking **if you have any serious medical illness, a weight of 120 kg and over or if you are 70 years old** as you need to attend a pre-anaesthetic consultation prior to the procedure.

REMINDERS

As you will be given a light general anaesthetic or sedation anaesthetic:

- You **MUST BE FASTED** (no solids and no fluids) six hours before the procedure. (Note: longer solids fasting time for colonoscopy)
- You **MUST NOT** drive or operate heavy machinery for 24 hours after sedation.
- You **MUST** arrange someone to take you home and stay overnight.
- You will not be permitted to travel on public transport or on taxi alone after the procedure.
- If you have no one to take you home your procedure **WILL BE CANCELLED** on the day.

COMPLICATIONS

Both Gastroscopy and Colonoscopy are safe procedures. However there are potential risks associated with them. The main risks are:

- Anaesthetic risk.
- Bowel injury or perforation that may require surgery.
- Bleeding risk especially if a polyp needs removal or if you are taking blood thinning medications.

Please discuss this with your Endoscopist prior to the procedure.

GASTROSCOPY

- Stop antacids like Mylanta and Gaviscon for 24 hours prior to your procedure.
- **DO NOT** eat or drink including water 6 hours prior to your procedure.
- You may take your normal medications **EXCEPT** diabetic medication prior to fasting.
- No candy, no chewing gum and no smoking on the day.

COLONOSCOPY

- Stop Iron tablets and fish oil tablets 7 days prior to your colonoscopy.
- Stop eating high grains and foods with seeds for 5 days prior to your procedure (e.g. tomatoes, oats, nuts, corns, muesli).
- The colon must be completely clean for the examination to be successful. Inadequate cleaning of the bowel may result in the procedure having to be repeated, so please follow the instructions carefully.
- The bowel preparation solution will cause multiple bowel motions, usually within the first 2-3 hours of the first dose, and you may also experience intermittent abdominal cramps.
- We recommend the use of **PREPKIT C to prepare the bowel for colonoscopy. You can purchase this** over the counter at the pharmacy or at the centre. The kit contains **2 PICOPREP** sachets and **1 GLYCO-PREP C** sachet.

Approved clear fluids include:

Water, black tea, black coffee, strained fruit juices without the pulp (apple or pear juice), clear soups such as broth and bonox, clear jelly (lemon, lime or orange), cordial (lemon, lime or orange), carbonated soft drinks (lemonade, ginger ale, mineral water)

No milk and coloured liquids.

Drink at least 3 litres of approved clear fluids the day before procedure within the bowel preparation.

ONE DAY BEFORE COLONOSCOPY - follow the Colonoscopy Preparation Instructions below:

MORNING Appointment:

Preparation Instructions (1 Day before Colonoscopy)

You can have a light breakfast before 08:00 AM and then drink clear fluids only. Definitely **NO SOLID FOODS UNTIL AFTER THE PROCEDURE.**

Please make up the sachet of GLYCO PREP C with 1 litre of water and refrigerate it.

3:00 PM – The First Dose of PICOPREP

- Mix 1 sachet of Picoprep with 250ml of warm water and drink over 30 minutes.
- Drink at least 4 glasses (eg. 1 litre) of clear fluids
- You will start to have frequent motions for about 30 minutes to 3 hours after ingestion.

6:00 PM – GLYCO PREP C

- Remove the **GLYCO-PREP C** from the refrigerator and drink one glass of the preparation every 15 minutes. You should consume the entire 1 litre of the GLYCO-PREP C solution **in one hour.**
- If you start to feel nauseated whilst drinking the preparation, slow down the rate of intake.

9:00 PM – The Second Dose of PICOPREP

- Mix 1 sachet of Picoprep with 250ml of warm water and drink over 30 minutes.
- Drink at least 4 glasses (eg. 1 litre) of clear fluids

Day of the Procedure:

You can continue to drink as much approved fluids until six (6) hours before your appointment time.

AFTERNOON Appointment: (After 1:00PM)

Preparation Instructions (1 Day before Colonoscopy)

You can have a light breakfast (7:00 AM) and a light lunch before 12:00 PM and then drink clear fluids only. Definitely **NO SOLID FOODS UNTIL AFTER THE PROCEDURE.**

Please make up the sachet of GLYCO PREP C with 1 litre of water and refrigerate it.

6:00 PM – The First Dose of PICOPREP

- Mix 1 sachet of Picoprep with 250ml of warm water and drink over 30 minutes.
- Drink at least 4 glasses (eg. 1 litre) of clear fluids
- You will start to have frequent motions for about 30 minutes to 3 hours after ingestion.

9:00 PM – GLYCO PREP C

- Remove the **GLYCO-PREP C** from the refrigerator and drink one glass of the preparation every 15 minutes. You should consume the entire 1 litre of the GLYCO-PREP C solution **in one hour.**
- If you start to feel nauseated whilst drinking the preparation, slow down the rate of intake.

Day of the Procedure:

6:00 AM – The Second Dose of PICOPREP

- Mix 1 sachet of Picoprep with 250ml of warm water and drink over 30 minutes.
- Drink at least 4 glasses (eg. 1 litre) of clear fluids

You may only drink WATER on the day of the procedure until 7:00AM only and then stop drinking. Take your normal medications except diabetic medication with water before 7:00AM.