

General Instructions for Gastrointestinal Endoscopy Procedures

Your appointment is for:

GASTROSCOPY

COLONOSCOPY

On _____ at _____ AM/PM at _____ Hospital

Brindabella Endoscopy Centre Garran: Ph: 6282 7788 5 Dann Close, Garran (Cnr Hindmarsh Drive & Palmer Street)

Calvary John James Hospital Deakin: Ph: 6281 8100 Strickland Crescent, Deakin (Go to Day Surgery Unit entrance)

Calvary Private Hospital Bruce: Ph: 6201 6111 Cnr Haydon Drive & Belconnen Way, Bruce (Day Services & Maternity entrance)

Mugga Wara Endoscopy Garran: Ph: 6222 6655 National Capital Private Hospital, Hospital Road, Garran (off Gilmore Crescent)

GASTROSCOPY No solid or semi-solid food of any type for **12 hours**. Drink adequate clear fluids only (e.g. water, apple juice, soft drinks, sports drinks) until **4 hours** before your appointment and then no food or liquid after that.

COLONOSCOPY (including colonoscopy & gastroscopy). Follow colonoscopy instruction sheet provided. If you are unable to tolerate the bowel preparation or are concerned it has not worked please phone 6162 1515 or Dr Bassett after hours 0417 851 166 before leaving for the hospital. Drink adequate clear fluids only (e.g. water, apple juice, soft drinks, sports drinks) until **4 hours** before your appointment and then no food or liquid after that.

MEDICATION Take your usual medications the day before the endoscopy procedure and stop all your medications on the day of the procedure unless directed otherwise (see below).

Blood pressure tablets: do not take them on the day of your procedure.

Blood thinning medication: Please advise if you are using aspirin, clopidogrel (Iscover, Plavix), warfarin, Pradaxa, or heparin injections. Ceasing and re-commencing these is individually based. Follow specific instructions as advised.

Anti-convulsant/ anti-arrhythmic/Parkinson's disease medication: take as usual on day of procedure with a sip of water

Iron tablets: Must be stopped 10 days prior to colonoscopy

Contraceptive pill: May be less effective during preparation for endoscopy.

Diabetes medication: Check your blood sugar level regularly the day before and on the day of the procedure.

Procedure	Day before the procedure	Day of the procedure
Gastroscopy, on diabetes tablets or insulin	Take your diabetes tablets or insulin as usual	<u>Do not take</u> diabetes tablets or insulin until after you have had a meal following the procedure
Colonoscopy, on diabetes tablets alone	Take your usual morning tablets and <u>no other</u> tablets that day or evening	<u>Do not take</u> diabetes tablets until after you have had a meal following the procedure
Colonoscopy, on insulin and/or tablets	Take <u>half</u> your usual insulin dose during the day. If on tablets take your usual morning tablets and <u>no other</u> tablets that day or evening.	<u>Do not take</u> insulin or tablets before your procedure. Commence your usual dose of insulin after you have had a meal following the procedure

Other health problems: It is important to advise us if your health has changed since your appointment was made. Please advise if you have any allergies, heart disease, kidney disease, hypertension, strokes, blood clotting problems, bleeding problems that we are not aware of. It may be necessary to postpone your endoscopy if you develop a severe cold, flu virus, flare of lung disease (eg asthma), colitis or diverticulitis close to your procedure date. Please advise if you may be pregnant.

Sedation: As you will have intravenous sedation YOU MUST NOT DRIVE HOME. Please arrange transport. You will be at the hospital for about 3 hours. Do not use machinery or make legal or financial decisions until at least 24 hours after the procedure.

After the procedure: If you are unwell or notice anything unusual please contact Dr Bassett on 0417 851166. If he is unavailable contact the hospital where the procedure was performed or go to an Emergency Department. It may be unwise to travel away from the Canberra region for up to 2 weeks after the endoscopy procedure. If you intend to travel within this time please discuss.

Additional notes: