

## 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 suggested management. This Endoscopy request includes a referral for pre-procedure consultation and pre-anaesthetic assessment.

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

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

Provider No.: \_\_\_\_\_ Date: \_\_\_\_\_

## 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 (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 tests.**

**PLEASE TURN OVER FOR INSTRUCTIONS**

PRINT E, August 2014

## GENERAL INSTRUCTIONS

- 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).
- BRING YOUR MEDICARE CARD, ANY PRIVATE HEALTH INSURANCE DETAILS, PENSION / HEALTH CARE CARD IF APPLICABLE, LIST OF MEDICATIONS, READING GLASSES AND THIS REFERRAL.
- PLEASE WEAR LIGHT CASUAL CLOTHING AND DO NOT BRING VALUABLES WITH YOU.
- PLEASE DO NOT WEAR NAIL POLISH OR LIPSTICK.

## COLONOSCOPY INSTRUCTIONS

- PURCHASE 3 SACHETS OF PICOSALAX. Picosalax are available from our procedure centres or 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*
- 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 WARFARIN please consult your Doctor or contact the centre in case the dosage needs to be adjusted.
- ON THE DAY BEFORE THE TEST.** You are to have no solid foods, milk products or orange juice. 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.  
*Alternate your Fluids as above. You must drink between 2-3 litres of the above liquids throughout the day.*  
 At 3pm 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.  
*(If necessary you may use a barrier cream, such as Vaseline or Bepanthen).*
- IMPORTANT! DO NOT DRINK OR EAT FOR 6 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

## GASTROSCOPY INSTRUCTIONS

**DO NOT EAT OR DRINK FOR 6 HOURS PRIOR TO THE TEST.** 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 of 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.