

**In the case of an emergency please call 000 or attend your nearest **Public** Emergency Department:**

Frankston

Frankston Hospital  
Hastings Road, Frankston  
Telephone: 9784 7777

Narre Warren

Casey Hospital  
62 – 70 Kangan Drive, Berwick  
Telephone: 8768 1200

Bayswater

Maroondah Hospital  
Mt. Dandenong Road,  
Ringwood East  
Telephone: 9871 3333

Or:

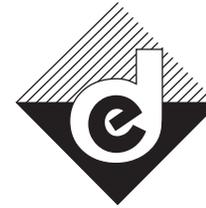
Angliss Hospital  
Albert Street  
Ferntree Gully  
Telephone: 9764 6111

Rosebud

Frankston Hospital  
Hastings Road, Frankston  
Telephone: 9784 7777

Hampton

Sandringham Hospital  
193 Bluff Road, Sandringham  
Telephone: 6076 1000



**DIRECT ENDOSCOPY**

All enquiries and bookings (03) 9781 5959

- Bayside Day Procedure and Specialist Centre  
141 Cranbourne Rd, Frankston
- Casey Day Procedure and Specialist Centre  
30 - 32 Verdun Drive, Narre Warren
- Bayswater Day Procedure and Specialist Centre  
664 Mountain Highway, Bayswater
- Rosebud Day Hospital  
29 – 31 Boneo Rd, Rosebud
- Hampton Day Hospital  
338 South Road, Hampton East

**Discharge instructions  
following Gastroscopy  
& Colonoscopy**

## When you get home please read these instructions carefully.

You should expect to be back to normal activities and diet the day following your procedure.

**Unless otherwise you have been instructed take your usual medications and follow up with your GP as scheduled.**

Drink plenty of non-caffeinated fluids for the next 24 hours.

Due to the ongoing effects of your anaesthetic for the remainder of the day:

Do not drink alcoholic beverages.

Do not sign any legal documents or make important decisions.

Do not drive a car or operate heavy machinery, your insurance will not cover you.

Rest for today and resume normal activities tomorrow.

You can remove the dressing from your IV site when you get home. You may notice some local tenderness or bruising; this is normal and will subside.

You may commence eating and drinking now. Eat a light diet today that is not too spicy or fatty. You should be back to eating your normal diet tomorrow. Increase your fluids to avoid feeling light headed or dizzy however limit caffeinated drinks such as tea, coffee and cola.

Take your time when standing from a seated position to avoid falling.

In the initial recovery period we recommend you change your position frequently to avoid an injury due to pressure

## A copy of your report and any specimens will be sent to your referring GP.

Please make an **appointment with your GP after 5 working days** for all results of your procedure.

A repeat Gastroscopy has been recommended for \_\_\_\_\_.

A repeat Colonoscopy has been recommended for \_\_\_\_\_.

Please contact your GP closer to this date to obtain a new referral.

**Please contact us if you change your phone or address details, so we can update our records.**

## Minor symptoms following gastroscopy or colonoscopy are common.

You may experience the following:

**Abdominal discomfort and bloating:** This should be relieved by passing flatus/bringing up wind. Gentle walking, a warm compress over abdomen and lying on your left side may encourage passing of wind. If your abdominal pain is **severe or increasing** you should contact your GP or present to an Emergency Department for assessment.

**Discomfort in back of your throat:** This may persist for the rest of today but should gradually lessen. Contact your GP if it persists more than 24 hours.

**Bleeding:** You may pass a little blood from your rectum, particularly if a polyp was removed. If bleeding is **excessive (more than a table spoon), increasing or you feel faint** contact or present to your GP or an Emergency Department for assessment.

**Red or swollen IV site:** Place a cool, damp, clean cloth on the site for 20 minutes every hour until the redness or swelling decreases. If swelling or redness persists longer than 24 hours you should visit the GP for assessment.

**Nausea with or without vomiting:** If you are feeling nauseated, start with clear liquids such as ginger ale, lemonade, jelly, broth or apple juice. When you no longer feel nauseated, you should commence a solid diet. If nausea **with vomiting** persists longer than 3 hours, visit your GP.

**Contact us:** If you have fever or require antibiotics in the first 30 days post procedure, or if you visit your GP or emergency department for any complications related to your procedure, telephone 9781 5959, ask for Director of Clinical Services.

For non urgent matters related to your procedure telephone 9781 5959 between 9am and 4pm weekdays.

For advice from a Registered Nurse call NURSE-ON-CALL 1300 60 60 24

If this is an emergency **call an ambulance on 000** or attend your nearest emergency dept. See over for your nearest Emergency Department.