



IVANHOE ENDOSCOPY CENTRE

A fully accredited day procedure facility

Level 1, Suite 2, 226 Upper Heidelberg Rd, Ivanhoe, VIC 3079 (Corner of Ivanhoe Parade)

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Consultation

Gastroscopy

Colonoscopy

Capsule Endoscopy

Appointment Date:/...../.....

Arrival time:AM/PM

IMPORTANT TO READ

Please bring your **GP referral, medication list, and Medicare card** to the clinic on the day of your procedure. Your total stay at the day surgery inclusive of waiting time is about **3 to 4 Hours**.

Please notify the centre if you have ANY of the following conditions:

- History of diabetes / stroke / sleep apnoea / heart, lung, or kidney conditions
- Weight over 100kg
- Please notify the staff if you're taking any weight loss medication / injection
- Please notify Ivanhoe Endoscopy centre if you are taking any blood thinning medications (examples: Aspirin, warfarin, Plavix, Pradaxa or Xarelto)

Allow all medications except for diabetic and blood thinners on the day of the procedure

Please **arrange someone to drive you home** after the procedure and **to stay with you overnight**.

No forms of public transport are permitted. Otherwise, procedure will be postponed.

Please note that you are **NOT ALLOWED TO DRIVE 24 hours** after the procedure.

You may take your regular medications on the day of procedure with a sip of water (Except for Diabetic medication) before you commence fasting

No lollies, chewing gum or smoking on the day of your procedure.

COMPLICATIONS

Both colonoscopy and Gastroscopy are safe procedures, however there are potential risks.

The important risks are:

- Anaesthetic risk including lung aspiration and dental injury
- Bowel injury or perforation (1:1000) that may require surgery
- Severe bleeding (1:1000) especially when polyps are removed or if you are taking blood thinning medications.

Please discuss this with your endoscopist prior to the procedure.

REMINDER

Send your admission forms and GP letter 1 week prior to appointment. Send via either: Post / Fax / Email

PLEASE READ THE FOLLOWING INSTRUCTIONS CAREFULLY

COLONOSCOPY INSTRUCTION

Follow Colonoscopy preparation instructions carefully to avoid poor bowel cleansing which may require a repeat procedure.

7 Days before your procedure stop taking fish oil & iron supplements.

3 days before your procedure Commence a 'Low residue' "white diet" (Refer to Box B). Stop eating high fibre foods, green vegetables, fruits with skin and seeds (e.g. Tomatoes, oats, nuts, corns, muesli). * Avoid fried food, chili, and spices

BOX B – Food ALLOWED

Example of Low residue (white diet) foods include:

White Bread, white rice, white pasta, skinless potato, egg. 'White meats' like fish, chicken & pork. Small amounts of dairy like Cheese, butter & plain yogurts / vanilla ice cream, plain cornflakes / rice bubble with milk, banana

MORNING APPOINTMENT (AM)

*** 1 Day before the procedure, you can take breakfast (no substitution or change allowed) and FINISH BEFORE 8AM and NO MORE SOLID FOOD ALLOWED AFTER 8AM UNTIL THE END OF PROCEDURE, only clear fluid (refer Box A)**

Breakfast – One day before your procedure

- 2 pieces of white bread (maybe toasted) with butter / margarine / vegemite / smooth peanut butter with black tea or coffee. PLUS, one hard-boiled egg

BOX A

Clear fluids include:

Water, black tea / coffee, clear soft drinks, lemon / lime cordial / jelly / sport drinks, juice without pulp, clear chicken broth, bonox, barley sugar.

NO MILK OR GREEN / RED/ PURPLE COLOURED LIQUIDS / No Alcohol

Clear fluids (refer to box A) are allowed the whole day until 3 hours before the procedure.

*Purchase 1 box of **PLENVU** from your local pharmacy (no script required)

PLEASE FOLLOW INSTRUCTION BELOW TO TAKE PLENVU

TAKE DOSE ONE OF PLENVU AT 8PM ONE DAY BEFORE THE PROCEDURE

Pour 'sachet one' into 500mls of water and stir to completely dissolve (this may take 8 minutes). Slowly consume dissolved Plenvu 'sachet one' over 30 minutes. Once finished, slowly drink another 500ml of 'clear fluid' over the next 30 minutes.

TAKE DOSE TWO OF PLENVU 4 HOURS BEFORE THE APPOINTMENT TIME

Pour 'sachet 2A' AND 'sachet 2B' into 500ml of water and dissolve completely. Drink all of sachet 2 combination slowly over 30 minutes. Once finished, slowly drink another 500ml of 'clear fluid' over the next 30 minutes.

You can drink more 'clear fluid' after you take Plenvu to prevent dehydration. **You must stop drinking 3 hours before** your appointment. (not even water allowed)