

Endoscopy Department



ST JOHN OF GOD
Murdoch Hospital

Hospitality | Compassion | Respect | Justice | Excellence

Welcome to St John of God Murdoch Hospital's Endoscopy Department.

An endoscopy is a procedure that enables doctors to examine your internal organs without major surgery. It can be used to diagnose certain conditions including digestive complaints and bowel problems including polyps and some cancers.

Our caregivers help you prepare for and explain the procedure so you know what to expect when you come to hospital. They will also answer any questions you may have and support you before, during and after the procedure.

Our endoscopy services

We offer modern endoscopy services in comfortable facilities, led by gastroenterologists and surgeons, registered nurses and other caregivers who will make your stay as stress-free as possible.

Endoscopies can be used to detect, diagnose or treat:

- ulcers
- blockages
- tumours
- polyps
- gastrointestinal bleeding
- gastrointestinal conditions such as coeliac disease and inflammation such as Crohn's disease and colitis.

Nearly all endoscopies can be provided as day surgery allowing you to recover at home.

Types of endoscopies

There are several types of endoscopies, including:

- gastroscopy (oesophagus, stomach, duodenum, small intestine)
- colonoscopy (large bowel).

What to expect

To perform an endoscopy, a doctor uses thin, flexible tubing with a microscopic camera on the end to see what's happening inside your body. Depending on the procedure, this may be inserted through the mouth or anus.

It's likely that you will receive light sedation. In some cases, an anaesthetic may be required. You may experience some discomfort, but an endoscopy should not be painful.

Preparing for an endoscopy

You will be asked to fast (abstain from food or drink) before an endoscopy and advised the specific instructions to follow based on your procedure. You may also be asked to take a bowel preparation to clear your system so your doctor can get the best possible view of your digestive system. You should let your caregivers know of any medications you're taking.

Your recovery

If you've had a sedative, you will need to spend a few hours recovering at hospital before you can go home. A responsible person should drive or escort you home and stay with you overnight.

Benefits of an endoscopy

The benefits of an endoscopy include:

- less invasive and lower risk than major surgery
- allows tissue samples and biopsies to be taken without major surgery
- generally more accurate than X-rays at detecting some diseases
- quick recovery time.

These benefits depend on your particular circumstances and require you to fully participate in necessary before and after care and management. You should consult a specialist in this area before deciding whether treatment is suitable for you.

Where to go for your endoscopy?

Parking is available in P1 and P2, please refer to the map, alternatively drop off and pick up access is available at the Main Hospital entrance.

Enter the hospital reception area via our Main Hospital (H) Entrance and take a right along the main corridor displaying our featured artwork, before arriving at the Admissions Clinic on the left marked with a large green Admissions sign (please refer to Hospital Ground Floor map).

Present at the Admissions desk at the agreed time from your specialist rooms. The clerical staff will call you up according to your procedure time and finalise all your admission details based on what you have previously provided through the electronic MyAdmissions Portal, they will process any payments due and provide an armband to identify you for your procedure.

Our staff will then advise you to go downstairs to our Lower Ground Floor Endoscopy reception area, take the elevator and here you will wait until a nurse calls you through to prepare you for your procedure.

The admission process takes time and often unavoidable delays can occur. We will do our utmost to avoid lengthy delays and aim to keep you updated throughout your hospital admission. Please discuss any concerns with the nurse in charge if you are concerned.

Fees, accounts and payments

During the registration process, you will be informed about the expected out-of-pocket fee according to your individual health insurance and specific level of cover. Your excess must be paid in full prior to your procedure.

Our clerical staff will provide detailed information about fees, accounts and payments, and will be able to answer any questions you may have.

Additional fees may apply from external providers, such as Pathology, Imaging or Consultant fees.

What to bring?

1. Medicare card
2. Private health insurance card
3. Money/bankcard for payment of any excess
4. Layered, comfortable clothes
5. Book or magazine to read

Comments and concerns

If you or your family feel your condition is deteriorating or have concerns about your care then please:

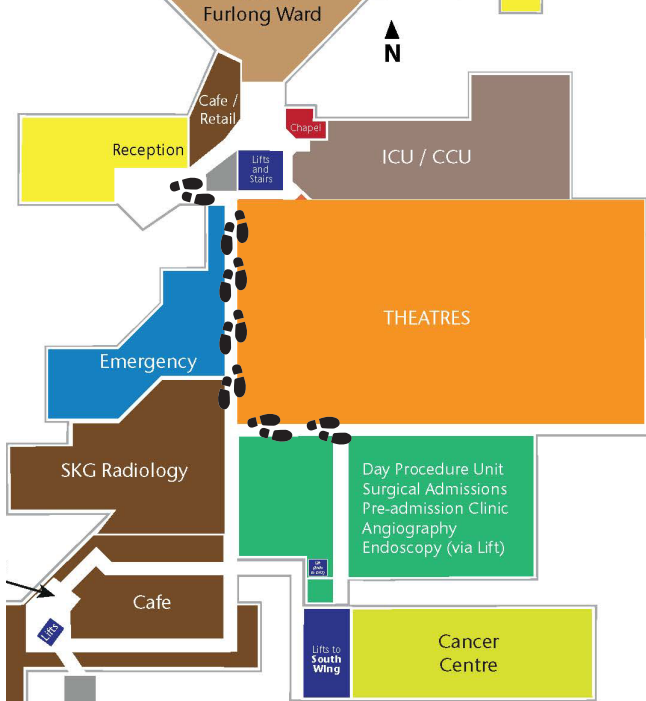
- Speak to your nurse (press your call bell)
- Speak to the nurse in charge whilst you are still here if you have any concerns
- *Press the YELLOW staff assist button to get immediate assistance*

Feedback

You will receive a text message inviting you to provide feedback 24-48 hours after your visit. If you have any concerns about your patient experience, please speak to the doctor or nursing staff caring for you. You may also provide feedback at www.sjog.org.au.

General feedback score guideline:

9 and 10	Excellent
7 and 8	Good
0-6	Fair with concerns include comments

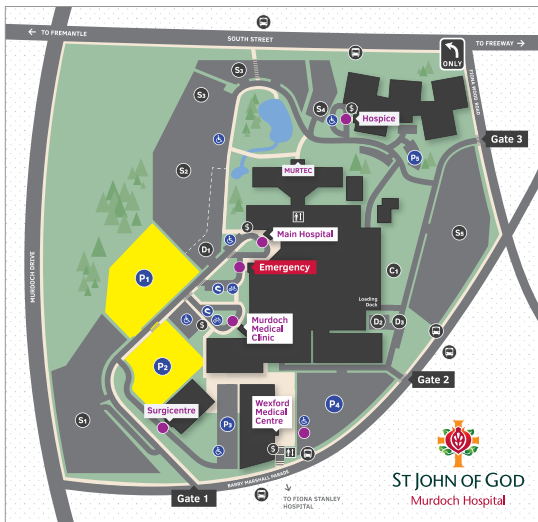


South Wing Wards

- G Cancer Centre
- 1 St Catherine
- 2 St Rose
- 3 St Francis



Wexford Medical Centre Reception



- Drop-off
- Public Parking
- Accessible Parking
- Bicycle Parking
- Motorbike Parking
- Staff Parking
- Doctors Parking
- Contractor Parking
- Pay Station
- Lift
- Bus Stop

BEST ENTRANCES

- Gate 1**
Main hospital/admission
Emergency
Murdoch Medical Clinic
Surgicentre
- Gate 2**
Wexford Medical Centre
- Gate 3**
Cancer Centre drop-off/pick-up
Hospice



About St John of God Health Care

St John of God Murdoch Hospital is a division of St John of God Health Care, a leading Catholic not-for-profit health care group, serving communities with hospitals, home nursing and social outreach services throughout Australia, New Zealand, and the wider Asia-Pacific region.

We strive to serve the common good by providing holistic, ethical and person-centred care and support. We aim to go beyond quality care to provide an experience for people that honours their dignity, is compassionate and affirming, and leaves them with a reason to hope.



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Consumer reviewed
and approved

If you have diabetes please inform your surgeon as soon as possible.

Pre-Surgery Information for Patients with Diabetes

If you are taking any of the following medications, contact your Surgeon / Anaesthetist immediately for instructions on withholding this medication, otherwise the following may occur:

- Your procedure may be cancelled or rescheduled
- You may become unwell
- You may require admission to the intensive care unit (ICU) for an intravenous insulin infusion.
- **Forxiga** (Dapagliflozin)
- **Xigduo** (Dapagliflozin and Metformin)
- **Qtern** (Dapagliflozin and Saxagliptin)
- **Jardiance** (Empagliflozin)
- **Jardiamet** (Empagliflozin and Metformin)
- **Glyxambi** (Empagliflozin and Linagliptin)
- **Steglatro** (Ertugliflozin)
- **Segluromet** (Ertugliflozin and Metformin)
- **Steglujan** (Ertugliflozin and Sitagliptin)

NOTE: These drugs are associated with a risk of Diabetic Ketoacidosis (DKA) if the person has been fasting, has undergone surgery, has a restricted dietary intake (carbohydrates in particular), undertaken bowel preparation for a procedure, is dehydrated or has an infection.



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Other Diabetes Medications and Insulin

- Seek advice from your surgeon or diabetes health professional prior to your surgery for any changes to your oral medications, non-insulin injections and insulin doses whilst fasting.
- It is advisable that patients requiring insulin do not drive themselves to hospital if they are fasting due to the risk of hypoglycaemia. Check your blood glucose levels every 2 hours on the morning of your procedure prior to arrival at the hospital.
- Make note of the insulin doses taken the day before and/or day of admission.

General Information

- To minimise the risk of wound infection post-surgery, blood glucose levels need to be within an optimum range. If your blood glucose levels have been unstable or your most recent HbA1c result was > 9.0%, organise a review with your GP, Endocrinologist or Diabetes Educator prior to admission.
- Bring with you to hospital your diabetes medications in their original packaging or an up to date list of medications.
- If you have a Continuous Subcutaneous Insulin Infusion Pump, please bring all the necessary supplies with you. The hospital does not supply consumables for pumps. Confirm with your admitting doctor if the pump will need to be detached for any investigation or procedures during admission.

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