

Northern Rivers Gastroenterology

Patient Instructions for Ballina Day Surgery

30/09/2023

For Direct Access Patients ie. patients who have been referred by their GP direct to Ballina Day Surgery, - please complete and return to Northern Rivers Gastroenterology:

- Direct Access Form - (yellow sheet)
- Northern Rivers Gastroenterology Endoscopy Referral Form completed by your GP
- Letter from your GP & Health Summary to Northern Rivers Gastroenterology

Once returned, we will process and you will be contacted & be given a date (enter here: ___ / ___ /20 ___)

You will be notified if a current EGC is required.

You will also **need to complete the Ballina Day Surgery Admission Booklet** either online or obtain a paper copy from Ballina Day Surgery and return completed & signed direct to them at 46 Tamar Street Ballina. Any questions in relation to their form, please contact them direct on 0266819999.

BEFORE THE PROCEDURE

Please keep & read this page and the relevant –

“Colonoscopy Fact Sheet” and/or “Information about Gastroscopy”.

If you have any questions or wish to discuss anything further after you have been contacted, please phone Northern Rivers Gastroenterology on 0266220388.

For fasting & time to arrive on the day, please contact Ballina Day Surgery on 0266819999 after 9am the working day before the procedure.

MEDICATIONS:

- If you are on **anticoagulants** (tablets which thin the blood) please inform the office staff.
- **Iron** tablets & Fish Oil tablets should be ceased 7 days prior to the procedure.
- **Asthma inhalers** should be brought with you to the clinic.
- Advise if taking any non-prescribed medications.

If you are a **DIABETIC** you must have an early morning procedure & you **MUST** consult with your Gastroenterologist or his nurse about your diabetic medication **BEFORE** commencing the preparation. If you are taking insulin, your usual doses may need to be changed significantly.

You must bring your diabetic medication with you on the day of your appointment, to take after the procedure.

COLONOSCOPY – Bowel Preparation is to be commenced 3 days before procedure.

Please purchase **Bowel Preparation Kit (Moviprep)** and follow the Northern Rivers Gastroenterology Flexible Timing Instructions & Diet – kits can be purchased from the Ballina or Lismore rooms or your local pharmacy. (if you purchase kit from a pharmacy, please contact Northern Rivers Gastroenterology & request our doctors specific instructions)

GASTROSCOPY ONLY – you will need to fast 6 hours before the procedure

(you may drink water for up to 2hrs prior to the procedure)

ARRIVAL TIME*: - phone **Ballina Day Surgery 66819999** after 9am the working day before the procedure.

ON THE DAY OF YOUR PROCEDURE

- **Present to Ballina Day Surgery, Level1 ,46 Tamar Street Ballina at arrival time** * _____ **am/pm**
- Please wear loose fitting, comfortable clothing and bring a warm jumper with you.
- Please allow 2-4 hours from the time of your arrival to discharge. This is made up of booking in, changing clothes, nursing/anaesthetic preparation for the procedure, the procedure itself, anaesthetic recovery period, refreshments, review by the consultant, & formal discharge from the hospital.
- You must arrange for a **responsible adult to escort you home & stay with you for the 24 hours following the procedure.**
- You are not allowed to drive a car or use machinery for 24 hours after the procedure.
- You are not allowed to use public transport after the procedure, unless you are escorted by a responsible adult
- You should not work after the procedure, but rest at home.
- **You are advised not to travel long distances for up to 10 days post procedure.**

Ballina: Ballina Medical Specialist Centre, Level 1, 85 Tamar Street

Lismore: Level 3 St Vincent's Medical Centre - 20 Dalley Street

Telephone: 0266220388 Fax: 0266219018 Email: lismore@nrdoctors.com.au