

You have been booked for a procedure at St Vincents Private Hospital on: \_\_\_/\_\_\_/\_\_\_

**Location:** St Vincent's Endoscopy Unit – Level 3, 20 Dalley Street, Lismore

### BEFORE THE PROCEDURE

#### 1. Complete and Return Admission Forms

You must complete the St Vincents Patient Registration Form (6 pages) and return it at least 1 week before your procedure. Return options:

- Email: [lismore@nrgdoctors.com.au](mailto:lismore@nrgdoctors.com.au)
- Fax: 0266219018
- Post or hand-deliver to: Suite 8&9, 20 Dalley St, Lismore **OR** Suite 5/85 Tamar St, Ballina

#### 2. Read through ALL attachments given to you regarding your procedure.

These include:

- **Patient Instructions for St Vincents Private Hospital** (this sheet)
- **For Colonoscopy:** Colonoscopy Fact Sheet & Bowel Preparation Instructions (Moviprep)

You will need a printed copy of the Moviprep instructions to follow when completing your prep.

- **For Gastroscopy:** Gastroscopy Information Sheet

#### 3. Buy your Bowel Prep Kit (for Colonoscopy)

- Purchase **Moviprep** from a pharmacy or from our Ballina/Lismore rooms (call our rooms first to check opening times).
- **Start your low fibre diet 3 days before** your procedure.
- A nurse from our rooms will phone you 7-10 days prior to your procedure to discuss the procedure with you, including any medication instructions.
- Please ensure that you have **thoroughly read your Moviprep instructions prior to this call** so that you can ask any questions that you may have.

### MEDICATIONS

You will discuss your medication instructions with one of our nurses 7-10 days prior to your procedure.

- Let the nurse know if you take **blood thinners**
- Stop **iron** and **fish oil** tablets **7 days prior**
- Bring your **asthma inhalers**
- Advise of any **non-prescription medicines**

#### **If diabetic:**

- You will have a morning admission for your procedure
- Bring your diabetic medications and insulin with you to take after the procedure

#### **Feeling unwell?**

If you have had **flu-like symptoms or COVID** in the past **2 weeks** or start to feel unwell in the lead up to your procedure, please call our rooms immediately – 0266220388

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### THE DAY BEFORE YOUR PROCEDURE

**Call St Vincents Admissions on 0266279223 after 11:00 AM the day before your procedure to:**

- Confirm your admission time
- Get fasting instructions

### THE DAY OF YOUR PROCEDURE

- **Arrive at:** St Vincents Endoscopy Unit – Level 3, 20 Dalley Street, Lismore
- **Wear:** Comfortable, loose clothing and bring a warm jumper
- **Bring:** Required medications

**Expect to be at the surgery for at least 4 hours.**

### AFTER THE PROCEDURE

- A **responsible adult** must take you home and stay with you for **24 hours**
- **Do not drive**, work, or use public transport alone for 24 hours post anaesthetic
- **Rest at home**
- You are advised **not to travel long distances for up to 10 days after a colonoscopy**

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### FEES AND ACCOUNTS

- **An estimate of fees** will be sent to you prior to your procedure.
- Please check with your health fund to ensure that you are covered for all item numbers prior to your procedure.
- Return the Estimate of Fees form to us prior to your procedure or bring with you on the day.

**If you are self-funding for your procedure you may receive up to 4 invoices:**

- **Doctor's Fee** – a prepayment is required prior to booking procedure.
- **Hospital Fee** – payable at St Vincents Endoscopy Unit on the day of procedure.  
Call: 0266279223 for an estimate.
- **Anaesthetist Fee** – call: 0266221285 for an estimate
- **Pathology Fee** – depending if tests are completed on the day

### CONTACT NUMBERS

- **Northern Rivers Gastroenterology:** 0266220388
- **St Vincents Private Hospital (Admissions):** 0266279223
- **Northern Rivers Anaesthesia:** 0266221285