

Northern Rivers Gastroenterology & St Vincent's Endoscopy Unit Lismore ~ 0266279223

PATIENT INSTRUCTIONS FOR ENDOSCOPY PROCEDURES

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.

If you are a **DIABETIC** you must have an early morning appointment. You **MUST** consult with your Gastroenterologist or his office staff 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 only – Bowel Preparation is to be commenced 3 days before procedure.

Purchase Bowel Preparation Kit (Moviprep) and follow the diet & instructions – this can be purchased from the Ballina or Lismore rooms or your local pharmacy.

PROCEDURE DATE / /

BEFORE THE PROCEDURE:

Arrival Time*:

Phone St Vincent's Private Hospital 0266279223 after 11am the working day before the procedure.

Fasting:

When you phone St Vincent's the working day prior to the procedure, they will confirm fasting time – usually you will need to fast six hours before the procedure. (you may drink water for up to 2hrs prior to the procedure)

ON THE DAY OF YOUR APPOINTMENT:

- **Present to St Vincent's Endoscopy Unit, Level 3, 20 Dalley Street Lismore at arrival time*.**
- 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, and formal discharge from the clinic.
- You must arrange for a responsible adult to **escort you home & stay with you for 24 hrs 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.**