

You have been booked for a procedure at Ballina Day Surgery on: \_\_\_\_/\_\_\_\_/\_\_\_\_

**Location:** Ballina Day Surgery, Level 1, 46 Tamar Street, Ballina

### BEFORE THE PROCEDURE

#### 1. Complete and Return Admission Forms

You must complete the Ballina Day Surgery Admission & Health History booklet (7 pages) and return it at least 1 week before your procedure. Return options:

- Online: [www.ballinadaysurgery.com.au/For-Patients/Pre-Admission](http://www.ballinadaysurgery.com.au/For-Patients/Pre-Admission)
- Email: [reception.bds@ramsayhealth.com.au](mailto:reception.bds@ramsayhealth.com.au)
- Fax: 0266819995
- Post or hand-deliver to:
  - Ballina Day Surgery, 46 Tamar street, Ballina NSW 2478

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

These include:

- **Patient Instructions for Ballina Day Surgery** (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.

#### Extra Step (If Over 60 & Seeing Dr Whitaker)

**If you are over the age of 60** - An ECG report, no older than 2 years will be required for the anaesthetist. Please ask your GP to send your report to the Ballina Day Surgery OR arrange to have an ECG (heart test) completed by your GP OR we can arrange a referral to QML.

### 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 Ballina Day Surgery on 0266819999 after 9:00 AM** the day before your procedure to:

- Confirm your admission time
- Get fasting instructions

### THE DAY OF YOUR PROCEDURE

- **Arrive at:** Level 1, 46 Tamar Street, Ballina
- **Wear:** Comfortable, loose clothing and bring a warm jumper
- **Bring:** Required medications

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

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### 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**

### 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 Ballina Day Surgery on the day. Call: 0266819999 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:** 026622 0388
- **Ballina Day Surgery:** 0266819999
- **Northern Rivers Anaesthesia:** 0266221285