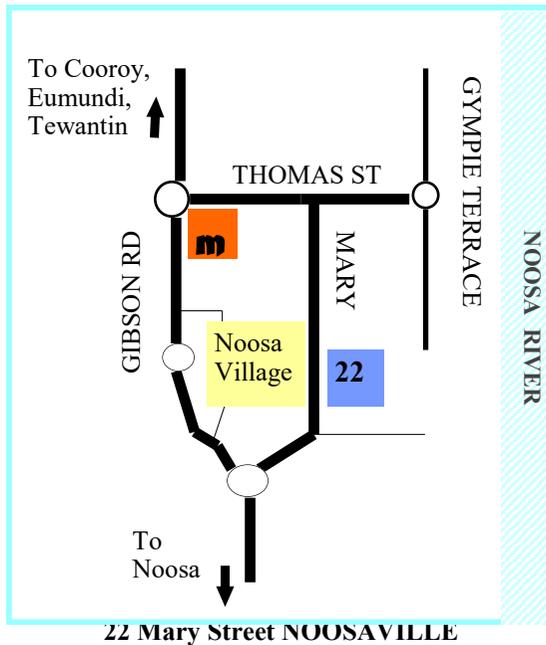


FOR 12 HOURS AFTER YOUR COLONOSCOPY:

1. Do not drive or leave the facility unaccompanied.
2. Do not drink alcohol or take sedative drugs.
3. Ensure you have a responsible person to take care of you.
4. **Read** the discharge instructions that were given to you by Dr Lancaster's nurse.
5. Do not operate machinery i.e. ironing, cooking, mowing.
6. Do not sign any legal documents.

INFORMATION: Unless otherwise advised, you can resume normal eating habits after your colonoscopy. The total time that you will spend in the facility may vary, usually less than 2 hours. Although we endeavour to keep to our schedule, sometimes unforeseeable delays can occur.



NOOSA SURGICAL AND ENDOSCOPY
Dr John Lancaster
MB CHB FRCS FRACS
Specialist Surgeon and Endoscopist



Consulting at:
22 Mary Street Noosaville

COLONOSCOPY PATIENT
INFORMATION

For Appointment Telephone:

5473 0400

DATE:
TIME:
PLACE:

Appointments are made to ensure minimal waiting time. If you intend on cancelling your appointment, please give more than 24 hours notification otherwise cancellation charges may apply.

A colonoscopy is a procedure for examining the interior of the colon and the rectum using a flexible illuminated fibre-optic instrument. Specimens may be taken for microscopic examination and if any small benign polyps are found, these will usually be removed.

You will receive intravenous sedation for this procedure. The medication is given to you through an injection site in your arm or hand. You will be sleepy but easily roused. You may not remember the procedure afterwards and this is a normal response to certain sedatives.

The examinations are generally very safe but like all medical procedures carry some risk. Very occasionally serious reactions can occur with bowel preparations. These will be discussed with you on the day of your procedure but if you require specific details, please arrange a consultation with Dr Lancaster prior to your procedure.

BEFORE YOUR COLONOSCOPY:

1. Check the time and place of your appointment two working days prior to your appointment. Phone 5473 0400.
2. Arrange for a responsible person to drive you home after your colonoscopy and to stay with you for the remainder of the day. Dr Lancaster reserves the right to refuse to perform the procedure if proper arrangements for care following the procedure are not in place.
3. Refrain from taking herbal medicines and fish oil for five days prior to your procedure.
4. If you are taking the medication Warfarin, Plavix, Iscover or Sotacor, you will need to make a prior consultation with Dr Lancaster before the day of your colonoscopy.
5. If you are an Insulin dependent Diabetic or have a serious illness or you are pregnant or breastfeeding, you will also need a prior consultation.
6. Purchase the **FLEET Phospho-Soda Mixture** (2 bottles 45-mls each) from a chemist and follow the Fleet instructions on the next page. Do not follow the preparation instructions enclosed within the Fleet Mixture packets however please read the Fleet product information.
7. Please ensure that you send your patient questionnaire form and referral letter from your general practitioner to us as soon as possible.

FLEET INSTRUCTIONS

Avoid eating seed and nut containing foods such as grapes, passionfruit, watermelon and high fibre cereals and grain bread for **THREE days prior** to your examination. Also, avoid high fibre fruit and vegetables particularly the skins of these for three days.

DAY BEFORE YOUR EXAMINATION:

Drink **clear liquids only** for the day such as -
Strained fruit juice without the pulp
Water, clear broth/Bonox/clear soup
Black tea/ Coffee with or without sweetener
Staminade/ Exceed
Plain jelly without fruits or topping
Softdrinks or cordials
Water iceblocks

Peppermints (not excessive amounts) permitted this day

Between 5pm to 7pm

Add **one** bottle of **FLEET** to 1 mug of clear fluid.

Drink the mixture. Follow with **three mugs** of clear fluid.

Before retiring: Drink at least 3 mugs of clear fluid. You may have more if you wish.

From midnight clear fluid only.

At 5am or three hours before your appointment (whichever is later)

Add the second bottle of **FLEET** to 1 mug of clear fluid. Drink the mixture. Follow this with **two mugs** of clear fluid. **Nothing to eat or drink now till after your procedure.**

DAY OF YOUR COLONOSCOPY:

1. Bring with you medications that you would normally take.
2. If you are Diabetic, bring your glucometer as well as your medications. **DO NOT USE** your diabetic medication before your procedure.
3. All other medications should be taken at the normal times with a sip of water.
4. Wear comfortable loose clothing.
5. Bring your medicare card, pension card and method of account settlement. No personal cheques accepted.
6. Leave your valuables at home as this practice does not accept responsibility for any losses incurred.