



## **Centre for Digestive Diseases**

Level 1, 229 Great North Road, Five Dock NSW 2046

Ph (02) 9713 4011 Fx (02) 9712 1675

**The Centre of Excellence in Gastroenterology**

### **Patient Information Booklet**

Date of your Procedure:

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Containing:

- ◆ Before and After Procedure Instructions
- ◆ Travel and care recommendations
- ◆ “On the day” instructions
- ◆ Directions to the Centre

## Before your Procedure

### 1. Complete the required forms:

Please complete the *Patient Registration Form* and *Patient Admission and Discharge Form* and use the "Reply Paid for" envelope provided, to return to the Centre for Digestive Diseases at least a week before your procedure.

### 2. Your Procedure Time and Confirmation of Expenses

Procedures are scheduled two days prior to your procedure date; please call the Centre between *3pm and 5pm on (02) 9713 4011* to obtain the time for your procedure. At this time if we have the information we will confirm any out of pocket expenses that are payable on the day.

### 3. Information for Patients taking Medication

If you are on medication for diabetes, or over 70 years of age; please contact the *Nursing Staff on (02) 97134011*. If you are on *blood thinning medications* please speak to your family doctor and let him/her know if it is safe for you to be off it for 7 days before your procedure date.

### 4. Procedure Preparation

It is important that you read the Patient Instructions-Preparation for Procedures form which is enclosed with this booklet. Bowel preparation for colonoscopy (eg *Picoprep* or *Glycoprep*) can be purchased from the Centre or at your local chemist.

### 5. Payment for your Procedure

Please arrange to bring any monies that are payable on the day of your procedure as *no accounts will be rendered*. Make sure to bring all documentation that our Reception Staff asks of you, in order for your account to be in order when you arrive, and when you are discharged.

## On the Day of your Procedure

If you usually take medications in the morning, on the day of your procedure please do the following:

- If you have a morning booking (6.30am-11.45am), *do not take your medications*. Bring them with you to the Centre.
- If headache develops during your bowel preparation you can take Panadol as per the packets instruction.
- If you have an afternoon booking (12.00-4.00pm), *take your medications at 6.00am* with a small sip of water.
- During your bowel preparation, you will have diarrhoea and will be in the toilet numerous times; you may feel lethargic, weak and have abdominal cramps.

## Information for Patients

- ❖ *Do not drive for 12 hours following your sedation*
- ❖ *Do not consume alcohol 12 hours following your procedure*
- ❖ *Please arrange for a friend or relative to stay with you, as it is not recommended that you be alone after sedation*

## Information for Patients

- ❖ *There may be unexpected delays due to some patients having longer procedure time than anticipated and we will endeavour to notify you of the approximate delay.*
- ❖ *Please advise the person picking you up that they maybe waiting for you up to an hour for your results; we prefer that somebody is with you when giving results of your procedure*

## After your Procedure

The Centre for Digestive Diseases recommends that patients follow these instructions after any procedure that is performed under sedation:

- ❖ After your procedure(s), some bloating may be experienced as air may remain in your stomach or bowel. This should resolve after a few hours, but may last up to 24 hours. It can be helped by drinking warm fluids, massaging the stomach and passing wind.
- ❖ You may resume your normal diet and return to work the following day unless otherwise instructed by your doctor.
- ❖ You may be given a prescription, or treatment information sheets to take home with you – Please read and follow these instructions carefully.
- ❖ You will receive results of your test as will your referring doctor. Please see your doctor as instructed when discharged from the Centre.
- ❖ Should you have any questions or concerns, please do not hesitate to contact the Centre on 9713 4011, 8am – 5pm Monday to Friday, to speak to one of our Nursing staff. Otherwise, please contact your doctor or local Hospital.

*Following these instructions will ensure your experience at the Centre for Digestive Diseases will be as comfortable as possible*

- ✚ *The Centre observes a Non-Smoking Policy*
- ✚ *If you are dissatisfied with any aspect of your treatment whilst at the centre, please contact the Centre Manager on (02) 9713 4011 or in writing to 229 Great North Road Five Dock. If you wish to take this matter further, contact the Health Care Complaint on (02) 9219 7444.*
- ✚ *Prof Thomas Borody has a pecuniary interest in the Centre for Digestive Diseases P/L*
- ✚ *If you require an interpreter prior to or during your visit at the centre you can ask for assistance on 13 14 50.*