



Please advise us if you are over 80 years of age, diabetic, taking any other weekly injections or taking any blood thinning medications, do you suffer from Obstructive sleep apnoea (OSA) or have any serious medical conditions.

ON THE DAY OF THE COLONOSCOPY:

- **Please arrange for someone to collect you** We are not permitted to allow you to **drive, walk or catch public transport unattended.**
- Take your regular medications with a sip of water, 2 hours before your appointment **Do not** take **diabetic** medication or any medications ceased

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PLEASE BRING

- Medicare card
- Private Health Fund details (if applicable)
- Do not bring any medications with you except insulin and inhalation devices
- Dentures – Please leave in
- Dressing gown and wear supportive shoes
- Wear loose comfortable clothing

Please do not bring any valuables – Digestive Health accepts no responsibility for valuables.

This information has been prepared to assist you in understanding what to expect when you attend for your colonoscopy. If you have any questions regarding your procedure, please feel free to contact us.

What is a colonoscopy?

Colonoscopy is a procedure that enables your gastroenterologist to examine the lining of the colon (large bowel) for abnormalities more accurately than x-ray. The colonoscope is a small, flexible tube that has a tiny video camera inside to allow the doctor to visualise your bowel. The gastroenterologist may pass a pair of forceps through the scope to take small tissue samples (biopsies) for examination by the pathology laboratory. If polyps are found, they may be removed.

What can be expected on the day of the colonoscopy?

Colonoscopy is generally well tolerated and rarely causes pain. You will also discuss with our anaesthetist and will be asked about any drug allergies you may have and whether you have any other major diseases such as a heart or lung condition that might require special attention during the procedure.

You will be asked, “what matters to you?” on the day. An information sheet will be given to you on arrival. Prior to the procedure you will be given a light anaesthetic. This will make you sleepy and comfortable. The colonoscope is gently passed into the back passage and manoeuvred through the large bowel and sometimes into the first part of the small bowel.

What alternative options do I have?

Bowel problems can sometimes be diagnosed by using x-rays and scans or testing for blood in the faeces. These are safe investigations but generally not as accurate as colonoscopy. It is not possible to take samples and remove polyps with x-rays, scans or testing.

What happens after the colonoscopy?

Following your colonoscopy, you will be monitored in the recovery room until you have recovered from most of the effects of the anaesthetic. In most circumstances, your gastroenterologist can inform you of your test results on the day of the procedure, however, the results of any biopsies or samples taken will take several days. You will receive your own copy of the colonoscopy report afterwards.

****Please be aware oral contraceptives may not be effective after bowel preparation, taking extra precautions for the rest of the month is advised.**

***** If you are diabetic DO NOT take the diabetic medications on the day of the procedure unless advised to do so by your gastroenterologist.**

Medications

If you take medications at night-time, take them either 1 hour before commencing your preparation **or** 2 hours after completing the final bowel preparation sachet.

ANY QUESTIONS?

Please do not hesitate to come and see us, or telephone if you have any questions. Your gastroenterologist or Pre-Admission Clinic nurse is always happy to talk to you a few days before the procedure if you are at all concerned. We look forward to seeing you on the day.

HOSPITAL INFORMATION

The Digestive Health Centre was the first day procedure centre in Australia established in 1977. The facility is a purpose built registered private day hospital.

We offer a courteous, high quality, affordable digestive health care for the whole family.

To maximise patient comfort and safety, the hospital has:

- ◆ ISO certification is an independent audit of our facility.
- ◆ The Digestive Health Centre has a comprehensive infection prevention and control program in place. Our facility and staff are regularly audited for compliance with national infection and control guidelines, Australian Standards for reprocessing of reusable instruments and the Australian Commission of Safety and Quality in Healthcare [ACSQHC] *National Safety and Quality Health Service Standards*.
- ◆ Automated equipment ensures premium cleaning and disinfection of endoscopes and instruments.
- ◆ The latest video endoscopic equipment offering accurate clinical findings.
- ◆ Reports include photographs of findings.
- ◆ Comfortable recovery room with beds and recliners.
- ◆ Consulting rooms to discuss findings privately.
- ◆ Comfortable waiting area for relatives and friends.
- ◆ Free car parking.
- ◆ Agreements with all major health funds and Veterans' Affairs.

PATIENT'S RIGHTS & RESPONSIBILITIES

All patients have the right to:

- ◆ Consideration of all beliefs, ethnic, cultural, dietary and religious practices.
- ◆ Privacy and confidentiality.
- ◆ Personal safety.
- ◆ Knowledge of the names of all persons providing the service.
- ◆ Detailed information about the procedure, reasons for the procedure, significant risks, alternatives, costs and an opportunity to ask questions.
- ◆ Formal and informed consent.
- ◆ Request a second opinion.
- ◆ Refuse treatment or discharge themselves despite the advice of the attending doctor or staff.
- ◆ Make a complaint about any aspect of care. Complaint forms are available in the reception area, or you may ask to speak to the Complaints Officer. No person making a complaint will be adversely affected.
- ◆ Access of medical records in accordance with privacy legislation.
- ◆ To refuse the presence of healthcare workers not directly involved in their care.

You have the responsibility for:

- Providing, to the best of your knowledge, accurate and complete information about present complaints, past illnesses, hospitalisations, medications, and other matters relating to your health.
- Reporting unexpected changes in your condition to the doctor.
- Reporting your understanding of proposed treatment and action expected of you.
- Arriving fasted and prepared for the procedure.
- Arranging to be taken home by a responsible adult afterwards.
- Following the treatment plan recommended by the practitioner primarily responsible for your care. This may include following the instructions of nurses.
- Keeping appointments and, if unable to do so for any reason, notify the doctor or the hospital.
- Your actions if you refuse treatment or do not follow the doctor's instructions.

Version	Date	Author	Description
4	05/02/2020	DON	Updated wording providing clearer instructions for patients
5	11/03/2022	DON	Updated wording, added medication heading and instructions, added same info as gastroscopy sheet
6	07/02/2024	DON	Reviewed – added Obstructive sleep apnoea (OSA) and any other weekly injections