

PENNANT HILLS DAY ENDOSCOPY CENTRE

Licence No. DC 018  
Provider No. 657211 A

10 RAMSAY ROAD  
PENNANT HILLS, 2120

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## **PREPARATION FOR COLONOSCOPY**

**Allow at least 2 working days** within which to purchase from your local chemist one **210 GRAM** sachet of **GLYCOPREP-C** (lemon flavoured) or one **200 GRAM** sachet of **GLYCOPREP** (unflavoured).

**STOP** all iron containing medications (Iron, Plavix, Iscover) after discussion with your cardiologist or proceduralist. You can usually continue to take aspirin and Warfarin.

**Day before procedure:** No food should be eaten and clear fluids only, water, lemonade, black tea or coffee and cordial should be drunk. Jelly is also permitted but do not take red flavoured jelly or cordial. No apple juice.

**From 4 or 5 p.m.** begin the Glycoprep which has been prepared by mixing with **3 LITRES** of water and continue until all is finished. You can add cordial to the unflavoured Glycoprep if you like and chill to allow easier ingestion. Please follow these written instructions and ignore any contradictory information on the Glycoprep sachet.

Most people need to **take all of the preparation** as less than that may make the examination unsuccessful.

When the preparation is complete you may drink fluids until midnight. If you have any questions regarding the preparation please contact the Centre.

**From midnight:** **Nothing to eat or drink (INCLUDING WATER)**

Any necessary medication may be taken with the smallest sip of water possible.

**PROCEDURE DATE:**

**ADMISSION TIME:**

- You will be able to go home about 3-4 hours later
- **DO NOT DRIVE.** You will need to arrange transport home with a relative or friend. **Patient drop off and pick up facilities only are available.** For your information there is up to three hour timed parking in the Ramsay Road, and a shopping centre car park across the road.
- Please do not wear valuable jewellery or nail varnish

Please complete and return to Pennant Hills Day Endoscopy Centre at least one week prior to your appointment (or as soon as possible) the enclosed **DAY SURGERY HISTORY SHEET** and **HOSPITAL ADMISSION FORM**.

**Prior to procedure please check with your fund regarding your level of cover. This centre is a DAY ONLY HOSPITAL. It is accredited and is a “participating” or “network” hospital with most funds. The item number for colonoscopy is 32090 and, in the event that a polyp is removed, the item number is 32093.**

**Uninsured patients should ask the staff about fees prior to the procedure.**

**Payment of hospital excesses and doctor’s fees is appreciated on the day of the procedure**

**Dr John Napoli, Proprietor, Pennant Hills Day Endoscopy Centre**

File: St 2/Patient Info/FFFormulated /94. Revised 9/95, 7/96, 9/97, 8/98, 2/99,1/01 ,08/06,06/07 ,01/09

## PATIENT INFORMATION

### COLONOSCOPY

#### Services and function of this Centre

The Centre conducts investigations of the upper and lower gastrointestinal tract. One of these investigations is a Colonoscopy.

#### **What is “Colonoscopy”?**

Colonoscopy is a procedure used to examine or inspect the bowel and allows for a variety of operations to be carried out through the colonoscope. These operations may include taking small tissue samples (*biopsy*) and removal of polyps. An alternative method of examining the large bowel is a barium enema. Colonoscopy has the advantage over barium enema in allowing tissue samples or biopsies to be taken.

#### **How are you prepared ?**

Prior to the colonoscopy you will be provided with detailed instructions. For one day before the procedure you will need to follow a fluid only diet and you will take one of the mixtures which clears the colon of all residue.

If you are **diabetic**, please contact your proceduralist to discuss this prior to the day of the procedure. Generally, you will not take your medication on the day of the examination, and the procedure will be scheduled early. Please bring all your medication with you.

#### **Special considerations**

You should advise the nursing staff if you are sensitive (*allergic*) to any drug or other substance. You should cease taking iron tablets and drugs to stop diarrhoea several days before the procedure. If you are taking aspirin or N.S.A.I.D.'s (*arthritis tablets*) you should discuss this matter with your doctor. You should also inform your doctor if you are taking blood thinning tablets, have heart valve disease, or have a pacemaker implanted. Precautions taken usually include providing oxygen during the procedure. All patients are monitored during the procedure with blood pressure and pulse measurements plus oxygen monitoring.

Women should be aware that the absorption of an oral contraceptive pill can be affected by bowel preparation and they should consider alternate contraceptive methods for the month.

#### **What do we do?**

The colonoscope is a long and highly flexible tube about the thickness of your index finger. It is inserted through the rectum into the large intestine to allow inspection of the entire large bowel.

As cancer of the large bowel arises from pre-existing polyps (*a benign wart-like growth*) it is advisable that if any polyps are found they should be removed at the time of examination. Most polyps can be burnt off (*Polypectomy*) by placing a wire snare around the base of the polyp and applying an electric current.

#### **Safety and risks**

For inspection of the bowel alone, complications of colonoscopy are uncommon. Most surveys report complications of 1 in 1,000 examinations or fewer, higher if colonoscopy is used to apply treatment i.e. removal of polyps.

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### **Colonoscopy Safety and Risks**

Complications that can occur include intolerance of the bowel preparation solution or reaction to sedatives used. Complications also include perforation (*making a hole in the bowel*) or major bleeding from the bowel. These complications are extremely rare, but if they occur, may require surgery.

When operations such as removal of polyps are carried out at the time of examination, there is a slightly higher risk of perforation or bleeding from the site where the polyp has been removed. Late bleeding also may occur following polypectomy (from infection of the diathermied stalk). Typically this is between one and two weeks following the procedure. It usually settles but occasionally requires admission to hospital and a blood transfusion.

Complications of sedation are uncommon and are usually avoided by administering oxygen during the procedure and monitoring oxygen levels in the blood. Patients with severe cardiac or chest disease should notify their proceduralist / anaesthetist prior to the procedure.

A number of rare side effects can occur with any endoscopic procedure. If you wish to discuss any aspect, alternative or rare complication, please contact the proceduralist prior to your procedure.

Because of the risk of cancer, it is recommended that all polyps found at the time of colonoscopy be removed. However, it will not be possible to discuss the removal at the time of examination as you will be sedated. Therefore, if you agree to removal of any polyps found during the procedure, please sign the consent form. If you have any queries or reservations about this, please inform your doctor.

### **Afterwards**

The sedative painkiller you are given before the procedure is very effective in reducing any discomfort. However, it may also affect your memory for some time afterwards. Even when the sedation appears to have worn off, you may find you are unable to recall details of your discussion with your doctor. For this reason, a relative or friend should be available to take you home if possible. If you do not recall discussions following the procedure, you should contact your doctor.

If you have any severe abdominal pain, bleeding from the back passage, fever or other symptoms that cause you concern, you should contact your doctor immediately.

### **Fees \*\***

**Prior to the procedure please check with your health fund regarding your level of cover. This Centre is accredited and is a “participating hospital” with most health funds.**

**The item number for colonoscopy is 32090 and, in the event that a polyp is removed, the item number is 32093.**

**Payment of hospital excesses and doctor’s fees is appreciated on the day of the procedure.**

**Uninsured patients should ask the staff about fees prior to the procedure.**

**Please ring to clarify any areas of uncertainty prior to your procedure.**

***By signing the consent for the procedure you confirm that you have read and understood all of the information given to you.***

***Revised 1/96, 11/96, 11/97, 4/02, 2/04, 10/05***