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If you are over 80 years of age, or have severe liver/kidney/heart condition, you may need to see one of the doctors before the procedure(s).

**Your procedure(s):** Gastroscopy / Colonoscopy (circle as appropriate).

**Your procedure(s) date is:** \_\_\_\_/\_\_\_\_/\_\_\_\_, **Time:** 7:30am-11:30am / 12:30pm-4:30pm

**Hospital:** 350 Main Street, Mornington, 5973 4444 OR 17 Windsor Avenue, Springvale, 9548 5555 OR 20 Boneo Road, Rosebud, 5986 4444

We will phone you between the hours of 9am and 12pm midday the business day before your procedure to confirm your arrival time.

If you are having a colonoscopy, you **MUST** take the medicines to clean out your bowel the day **BEFORE** the procedure. Bowel preparation is a very important part of Colonoscopic Examination as it allows your Doctor to carefully and thoroughly look for and safely remove small polyps / lesions that could enlarge overtime if not detected early. Your Doctor may have to abandon the procedure if the views are obstructed by faeces. PLEASE FOLLOW THESE INSTRUCTIONS TO AVOID THE COSTS AND INCONVENIENCE OF HAVING TO RETURN FOR A REPEAT PROCEDURE. **Please ensure you reduce the amount of vegetables consumed 2 days prior to your procedure. Avoid green leafy vegetables and vegetables that contain small seeds and/or grains.**

**THE BOWEL PREP KIT SHOULD CONTAIN: FOUR sachets of PICOPREP (15.5g)**

**You will need to purchase this from our office or from a pharmacy (no script required)**

**Please ensure you follow these instructions, and disregard the instructions on the Picoprep box.**

**IF AT ANY STAGE YOU DEVELOP NAUSEA OR VOMITING STOP FOR 1HR AND START AGAIN**

**CLEAR FLUIDS MEANS:** water, lemonade, apple juice, tea without milk, clear fruit cordial (not red or dark coloured), clear soups or broth and steer clear of milk.

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**If your procedure is in the MORNING:** Please commence the following instructions on \_\_\_\_/\_\_\_\_/\_\_\_\_

AM: Have a normal breakfast no later than 9am the day before your procedure. Then **only clear fluids** from this point. **NO MORE FOOD FROM THIS POINT**

9AM: **FIRST DOSE:** Add the entire contents of ONE sachet of PICOPREP to a glass of warm water (approximately 250mL) and stir until dissolved. You can prepare the drink 30 minutes prior to allow cooling. Drink the entire contents in 2-3 minutes, followed by a glass of water. Continue drinking 2-3 more glasses of water **within the hour**. If you prefer, you can consume more **clear fluids** (see above) thereafter. PICOPREP does not work by itself, so you may drink more clear fluids, but not less.

12PM: **SECOND DOSE:** Repeat as above. You can drink more clear fluids if needed, but **do not eat food**.

3PM: **THIRD DOSE:** Repeat as above. You can drink clear fluids if needed, but **do not eat food**.

6PM: **FOURTH DOSE:** You can drink clear fluids until four hours prior to your procedure but **do not eat food**.

Have **NOTHING** to drink – **NO** water or **ANY** fluids (including no chewing gum) for a minimum of four hours before your procedure time

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**If your procedure is in the AFTERNOON:** Please commence the following instructions on \_\_\_\_/\_\_\_\_/\_\_\_\_

AM: Have a normal breakfast and a light lunch no later than 12pm the day before your procedure. **Only clear fluids** from this point. **NO MORE FOOD FROM THIS POINT**

12PM: **FIRST DOSE:** Add the entire contents of ONE sachet of PICOPREP to a glass of warm water (approximately 250mL) and stir until dissolved. You can prepare the drink 30 minutes prior to allow cooling. Drink the entire contents in 2-3 minutes, followed by a glass of water. Continue drinking 2-3 more glasses of water **within the hour**. If you prefer, you can consume more **clear fluids** (see above) thereafter. PICOPREP does not work by itself, so you may drink more clear fluids, but not less.

3PM: **SECOND DOSE:** Repeat as above. You can drink more clear fluids if needed but **do not eat food**.

6PM: **THIRD DOSE:** Repeat as above. You can drink clear fluids if needed, but **do not eat food**.

**FOURTH DOSE at 7.00am of the day of your procedure:** Repeat as above. You can drink clear fluids until four hours prior to your admission time, but **do not eat food**.

Have **NOTHING** to drink – **NO** water or **ANY** fluids (including no chewing gum) for a minimum of four hours before your procedure time

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Please ensure that you:

- Wear comfortable loose clothing
- **Fasting: Have NOTHING to drink – NO water or ANY fluids (including no chewing gum) for a minimum of four hours before your procedure time**
- You may take essential medications with your last drink, unless instructed otherwise by one of our nursing staff members
- Arrange for a relative or friend to pick you up and stay with you after the procedure
- Bring along
  - Private Hospital Insurance Details / Card
  - Pension Card
  - Medicare Card
  - Doctors referral if you have not already provided it to reception
  - Payment for the procedure
  - Details of friend/relative who will drive you home

When you arrive at your appointment time, your paperwork will be checked by the reception staff. Once the paperwork is completed, the admissions nurse will take you through to the admissions room where he/she will check your medical history.

We ask that you do not bring valuables with you as we cannot be responsible for their safe keeping, however you will be required to make payment prior to your procedure, so please only bring the correct amount of cash or your bank card.

You will be asked to change into a gown. If you wear dentures or a hearing aid there is no need to remove them.

You will be seen by your doctor and the anaesthetist, and escorted to the procedure room where the anaesthetist will give you a small injection into the back of your hand. The anaesthetist will administer some light sedation and you will go to sleep.

You will be taken to the recovery room following the procedure where you will recover from the anaesthetic. You will be given food and fluids in recovery room.

**The actual time of the procedure is about 15-30 minutes. You must provide a contact number for your escort and they MUST be available to collect you within 2.5 hours of your appointment time and be before 5.30pm.**

Before you are discharged your doctor will tell you the result of the procedure. The recovery room nurse will give you a discharge information sheet prior to discharge and arrange a follow-up appointment with your doctor if required.

The staff of GastroMedicine & Endoscopy look forward to meeting you and will make every effort to make your stay with us as comfortable and relaxed as possible.