

Epworth HealthCare

Epworth Priority Endoscopy

Patient Pre-admission Information



Epworth Priority Endoscopy

Your GP has recommended you have a gastroscopy and/or colonoscopy. This test is commonly performed to examine the inside of your bowel (colonoscopy) or stomach (gastroscopy).

By being directly referred to Epworth Priority Endoscopy, you will have easy access to the relevant procedure. You will meet with the specialist who is performing your procedure on the day of your admission to Epworth, unless they specifically request to see you earlier.

This booklet contains important information, including instructions you need to follow before and after your procedure.

It is very important that you read and understand this information prior to your gastroscopy/ colonoscopy.

Should you wish to discuss the procedure with a health professional before proceeding, please contact the relevant Epworth hospital.

Contact details are listed on the back of this booklet and your referral form.

Important information for all patients

Your appointment

Details of your appointment will be confirmed when you contact the hospital.
Please insert details below:

Location

Date

Time

- Please present at the above location at the nominated admission time. If you cannot make your appointment, please contact us to arrange another time.
- Please bring your Medicare card, pension card, Veterans' Affairs card, a copy of your referral form and your health insurance details with you.
- Your length of stay will be approximately two to four hours, including waiting, preparation and recovery time. The actual procedure can take anywhere between 15 minutes and an hour.
- Please wear loose casual clothing and do not bring any valuables with you.
- You will need to organise a friend or relative to escort you home and stay with you overnight.
- If you have arrived by taxi, it is preferable you have a carer with you.
- You must not drive yourself home.
- We will call your friend/relative after your procedure to inform them of an accurate discharge time.
- Do not drive a car, operate machinery, drink alcohol or sign legal documents on the same day of your procedure, as your insurance may not cover you.

Health issues and medication

Prior to the day of your procedure, you will be taken through a pre-admission health questionnaire.

If you take Warfarin, Persantin, Clodipogrel (Plavix or Iscover), Asasantin or any other blood-thinning drug, ask your doctor if you should stop taking it before the procedure.

Do not stop taking them without asking your doctor. This includes natural products such as Omega 3 fish oils, garlic, evening primrose oil and St John's wort.

Colonoscopy patient instructions

About the procedure

A colonoscopy is a procedure that allows a doctor to examine the inside lining of your large bowel. The doctor will use a colonoscope, a long, thin flexible tube with a small camera and light attached, to see pictures of the inside of your bowel on a video screen.

The scope bends so it can move around the curves of your colon. You will receive intravenous sedation, so you should not feel any pain during the procedure, although you may experience some discomfort.

The colonoscope can also be used to remove growths or polyps, which are fleshy growths in the bowel lining. Prior to your procedure, you will be asked for your consent to remove any polyps found during your colonoscopy.

A colonoscopy can also be used to take a biopsy, a very small section of the bowel lining, which can be tested to identify many conditions.

Before the procedure

For the colonoscopy to be accurate and complete, the bowel must be completely clean and empty.

Prior to your procedure, you will need to undertake a bowel preparation, as instructed by a health professional. The bowel preparation should be purchased at least 48 hours prior to the procedure and is available from most pharmacies.

The bowel preparation will restrict what you can eat and drink, and make you go to the toilet frequently, so you should plan to stay at home.

After the procedure

Following the colonoscopy, you will be in the recovery area for approximately one hour until the effect of the sedation wears off. Your doctor will tell you when you can eat and drink. Usually this will be straight after your procedure.

During the colonoscopy, air is blown into your bowel so the doctor is able to examine you clearly. As a result of this, you may have some cramping pain or bloating after the procedure. This should go away when you pass wind, and will be helped by moving around.

Your doctor will explain the results of the procedure, including whether you had any polyps removed and whether a biopsy was taken. If a biopsy was taken, you will need to book an appointment with your GP to discuss the results.

After discharge

If you experience any further pain, discomfort or bleeding following your discharge from Epworth, please contact your nearest emergency department or your specialist. Epworth Richmond's 24-hour emergency department is located at 34 Erin Street, Richmond, phone 9426 6302. **Please note:** fees apply which are not reimbursed through health funds.

Gastroscopy patient instructions

About the procedure

A gastroscopy is a procedure that allows a doctor to examine the lining of the upper gastrointestinal tract. The doctor will use a gastroscope, a small, flexible fiberoptic instrument, to pass through the mouth to allow a direct visual inspection of the oesophagus (gullet), stomach and duodenum (small bowel).

Before the procedure, an anaesthetist may administer a throat spray to numb the throat, and intravenous sedation to ensure you are comfortable during the procedure.

A gastroscope can also be used to take a biopsy, a very small section of the lining of the gastrointestinal tract, which can be tested to identify a range of conditions.

Before the procedure

In order for the doctor to have an unobstructed view, you should not have anything to eat or drink for at least six hours prior to your appointment time. Please confirm the time you should cease eating and drinking at the time of making your appointment and insert below.

On the day of your appointment, no diet or fluids to be taken after:

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After the procedure

Following the gastroscopy, you will be in the recovery area for approximately one hour until the effect of the sedation wears off. Your doctor will tell you when you can eat and drink. Usually this will be straight after your procedure.

You may feel bloated after the procedure and the need to belch, as well as a mild sore throat. This is normal. Your doctor will explain the results of the procedure. You may be advised to see the gastroenterologist to discuss your results.

After discharge

If you experience any further pain, discomfort or bleeding following your discharge from Epworth, please contact your nearest emergency department or your specialist. Epworth Richmond's 24-hour emergency department is located at 34 Erin Street, Richmond, phone 9426 6302. **Please note:** fees apply which are not reimbursed through health funds.

Possible risks and complications

Complications as a result of colonoscopy/gastroscopy are rare but may include the following:

- > **Bleeding:** If you have polyps removed during colonoscopy, there is small risk of significant bleeding. Hospitalisation can be required leading to blood transfusion or further procedures, which could include surgery. Bleeding can occur up to two weeks after polyp removal, so you are advised to plan colonoscopy procedures at least two weeks prior to travelling to remote areas or on long flights.
- > **Perforation:** Rarely, the colon is punctured in the course of a colonoscopy. Very rarely, the stomach or oesophagus may be punctured or torn during a gastroscopy. This risk is higher if a polyp is removed, or a dilatation or other intervention is performed. Perforation of the oesophagus, stomach or intestine is always serious and may necessitate urgent major surgery. Intensive care is commonly required and death is a possibility.
- > **Damage to teeth whilst anaesthetised:** All attempts are made to protect teeth but it is possible teeth or crowns may be damaged during the procedure.
- > **Anaesthetic:** Elderly people, or people suffering from a range of chronic illnesses such as heart disease or diabetes, have a higher risk of anaesthetic complications than younger and fitter people. If you are on long-term anticoagulation treatment including Warfarin you are at increased risk whether Warfarin is continued, reduced or even ceased before the procedure. It is not infrequent, especially in older people, for irregular heartbeat or other problems such as low oxygen levels or low blood pressure to occur during or immediately after endoscopy.
- > **Aspiration:** It is possible you may vomit during the procedure and rarely some of the stomach contents can enter the lungs and cause pneumonia. This is called aspiration pneumonia.

Your doctor will provide you with further information on the risks and possible complications of a colonoscopy/gastroscopy prior to you undergoing the procedure.

Fee information

When you have a colonoscopy or gastroscopy at Epworth Priority Endoscopy, you will incur fees. These fees are made up of several components.

Hospital fee

This covers the cost of your accommodation while you are in hospital, fees for the use of an operating theatre or other hospital facilities and non-medical services, such as catering and housekeeping.

The hospital fee is generally covered by your health fund with the exception of excesses, co-payments and exclusions associated with your level of cover.

Excesses and co-payments are payable on your admission to Epworth.

If you are not insured, the hospital fee is not covered by Medicare and there will be an 'out of pocket' expense. This fee is payable on the day of your procedure.

Staff from the patient administration department at the relevant Epworth hospital can advise you of the hospital fees that you can expect to pay, depending on your level of health cover.

Doctors' fee

If you have eligible private health insurance, you will have no out-of-pocket costs for the proceduralist and anaesthetist fees when admitted to Epworth Priority Endoscopy. Your health fund and Medicare will arrange billing for these costs, and then organise payment to the relevant doctors.

*If you **do not** have private health insurance, you will be required to pay the hospital, proceduralist and anaesthetist fee to the hospital on admission. Please contact the relevant Epworth hospital for an estimate of these fees.*

Other fees

Other costs relating to your care whilst at Epworth will be billed separately. These may include pathology (if biopsies are taken) and take-home medications. You will receive separate accounts for each fee. Medicare may rebate a portion of the pathology charge.

Epworth Priority Endoscopy

Where to find us

Epworth Freemasons

Day Procedure Centre
320 Victoria Parade
East Melbourne VIC 3002
Phone 03 9418 8189
Fax 03 9418 8186



Epworth Richmond

Day of Surgery Admissions
Level 3, Leigh Place Building
89 Bridge Road Richmond
VIC 3121
Phone 03 9426 6156
Fax 03 9428 7692



Epworth Eastern

Endoscopy Unit
1 Arnold Street
Box Hill VIC 3128
Phone 03 8807 7120
Fax 03 8807 7604

