

COLONOSCOPY PROCEDURE

What you need to do prior to the procedure:

- Complete and return to our office the enclosed 'Patient Information Sheet' and 'Informed Financial Consent' via post, fax or email. These forms need to be returned as soon as possible.
- Complete your 'Hospital Admission Form'. This can be accessed directly from our office or St. Vincent's Hospital. Online registration is available at <https://calvary.eadmissions.org.au>. For assistance to complete **phone 1800 220 506**.
- Check with your Private Health fund that you have completed any waiting period, are adequately covered for the procedure and whether you have an excess to pay to the Hospital on admission. Procedure item numbers are 32222 or 32229.
- Purchase your 'Bowel Preparation Kit' from your local Pharmacy or our office and follow the instructions below.

Patients with Private Health Insurance:

- Dr. Veldhuis is a 'no gap Doctor' which means there are no out of pocket costs for the procedure. The hospital will take payment for your health fund excess or co-payment if you haven't already paid it this year.
- A Pathology fee may apply if Dr. Veldhuis takes tissue samples or biopsies during the procedure. If this is the case, you will receive an invoice from, and payable to Launceston Pathology.
- Your Anaesthetist is also a 'no gap Doctor' and there are no out of pocket costs.

Uninsured / Self-Funding Patients:

If you elect to pay for your procedure in the Private Hospital, please contact our Rooms to obtain a detailed quote which will include:

- Dr. Veldhuis' fee - to be paid **one week prior to the procedure** and held as a deposit. If additional procedures are performed you will receive an invoice for this. The Medicare portion will be refunded to you after full payment of the procedure/s.
- St. Vincent's Hospital Theatre fee - on which there is no rebate.
- Estimate of Anaesthetist fee - Medicare portion will be rebated to you after the procedure.

Should you have any questions or concerns in relation to this admission, please contact our Rooms.

Regards,
The Administration Staff

MORNING COLONOSCOPY PREPARATION INSTRUCTIONS

Preparation - 1 x Colonlytely / 2 x Picosalax

For a successful colonoscopy it is very important that the bowel be cleaned well. This will enable Dr. Veldhuis to clearly see the lining of the bowel. **Your bowel motions should be of a clear liquid nature.** If not, please advise the Nurse at the time of Admission.

Poor preparation may mean that the procedure may need to be stopped or postponed and the preparation repeated on another day.

Medication Checklist - Please advise us if you are currently taking any blood thinning medications

- Diabetic medications must be discussed with Dr. Veldhuis and taken as directed
- Cease taking iron tablets and Fish Oil 4 days prior to the procedure
- Cease smoking and chewing gum at least 6 hours prior to the procedure
- Avoid alcohol for at least 24 hours prior to the procedure
- Wet sanitary wipes used in conjunction with a sensitive care cream such as Paw Paw or Lanolin can help to prevent irritation/excoriation to the affected area during your bowel preparation.
- Take **ALL** other regular medications as usual. In particular all anti-hypertensive agents and cardiac drugs should be continued. These medications may be taken when "fasting" on the day of the procedure with a sip of water. Aspirin has NOT been shown to increase the risk of post-polypectomy bleeding so it can be safely continued.

4 DAYS BEFORE YOUR PROCEDURE – START LOW RESIDUE DIET

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| <p>✓ Choose – Breads & Cereals:
Plain white or wholemeal bread/toast, muffins, rolls, crumpets, cornflakes, weet-bix porridge, rice bubbles, plain yoghurt, white pasta and rice.</p> | <p>✗ Avoid:
Wholegrain and Multi Grain bread and cereals and foods containing nuts and dried fruits, unprocessed bran, muesli, seeded yoghurt.</p> |
| <p>✓ Choose – Meat and other Protein:
Lean chicken, pork, fish, shellfish, eggs moderate amount of dairy products.</p> | <p>✗ Avoid:
Baked beans, lentils, legumes, nuts & seeds.</p> |
| <p>✓ Choose –Fruit and Vegetables:
Remove all seeds and pips from fruit and vegetables.
Potato, pumpkin, marrow, squash, avocado, mushroom, ripe bananas, canned fruits.</p> | <p>✗ Avoid:
All dark coloured and seeded fruit and vegetables: Strawberries, raspberries, blueberries, tomatoes, cucumber.</p> |
| <p>✓ Choose –Other Foods/Sweets:
Plain lollies, white sugar, honey, strained jam Vegemite, Marmite, Bonox.</p> | <p>✗ Avoid:
Jams with seeds, peanut butter dried fruits, nuts, marmalade.</p> |
| <p>✓ Choose –Drinks/Deserts:
Water, clear fruit juices, black tea/coffee broth and bouillon, soup cubes, strained cup-a-soup, light coloured jelly or icy-poles.</p> | |

If you are Diabetic, these can be replaced with artificial sweeteners if required

**Increase the amount of water you are drinking 4 days prior to your bowel prep day.
Drink approximately 2-3 glasses of water more than you would normally to assist hydration**

MORNING COLONOSCOPY PREPARATION INSTRUCTIONS

Preparation - 1 x Colonlytely / 2 x Picosalax

THE DAY BEFORE YOUR PROCEDURE

- Breakfast:** Light Breakfast - (no dairy products)
ie: scrambled eggs or omelette, white toast and black tea or coffee
- 12.00 noon** **Mix 1 sachets of Colonlytely in 1 litre of water and place in the refrigerator**
Commence drinking the litre of Colonlytely and finish by 1.30 pm
(do this step if your bowels are sluggish/prone to constipation)
- 4.00 pm** **Mix 1 sachet of Picosalax into 150 mls of cold water**
Stir for 2-3 minutes. If the solution becomes warm allow sufficient time for it to cool before drinking.
After drinking the Picosalax please drink at least 2-3 glasses of clear fluids over several hours.
- 7.00 pm** **Mix 1 sachet of Picosalax into 150 mls of cold water**
Stir for 2-3 minutes. If the solution becomes warm allow sufficient time for it to cool before drinking.
After drinking the Picosalax please drink at least 2-3 glasses of clear fluids over several hours.

** if you feel nauseated or vomit while taking the bowel preparation, wait 30 minutes before drinking more fluid and start with small sips of solution. If this continues please notify our consulting rooms on 6334 1455 **

THE DAY OF YOUR PROCEDURE

You may drink clear fluids up until 4 hours prior to your procedure, then nothing further

- Wear or bring singlets and socks underneath comfortable clothing
- No under-wire bras to be worn during procedure
- Minimal jewellery is acceptable
- Mobile phones are acceptable and able to be left on however, we do request it to be switched to silent mode
- It is likely that you will have waiting periods during your admission to Endoscopy. This may include before and/or after your procedure. Expect to be at Endoscopy Unit for around 4 hours.
- Bring your medications with you particularly if you use Asthma puffers or Insulin
- If you have a CPAP Machine, please bring this with you to the Endoscopy Unit
- You must have a responsible adult to drive you home and stay with you overnight after the procedure. Once admitted you will not be able to bring a relative/friend through to the Unit. Exceptions can be made for those patients with disabilities and paediatric patients
- You will be unable to drive or operate heavy machinery for the remainder of the day due to the sedatives.

COVID-19 alert

If you experience any fever, respiratory symptoms or generally feel unwell please postpone your procedure until you feel well again, the current recommendation is 14 days after you feel well again.

INFORMATION ABOUT COLONOSCOPY

On the day of your procedure, if you **have previously seen Dr Veldhuis in his rooms**, the anaesthetist will talk with you prior to the procedure and Dr Veldhuis will see you after the procedure to discuss his findings.

If you **have not yet seen Dr Veldhuis in his rooms**, he and the anaesthetist will both talk with you prior to the procedure and Dr Veldhuis will discuss his findings with you afterwards.

If any samples are sent to pathology, we will only notify you if there is a concern. Copies of your results will be sent to your referring doctor.

Do I have to prepare for the procedure? In order for your doctor to get the best possible view of the bowel and to make the colonoscopy easier, it is vital that the large bowel is cleaned out of all waste material. You will need a preparation kit which contains full instructions. Usually this involves a special diet for a few days prior to the colonoscopy and to stop all solid food the day before the procedure. It is important to closely follow these instructions because a good bowel preparation is essential for a good and safe colonoscopy.

It is important that you clarify with your doctor which regular medications to continue before the procedure. In particular, if you have diabetes or heart disease and/or taking blood thinning tablets such as Warfarin (Coumadin or Marevan) or Clopidogrel (Iscover or Plavix), it is important to discuss this with your doctor as special arrangements may be necessary.

Will I be sedated? Yes. You will not receive a full general anaesthetic, but will be lightly sedated. You may be slightly aware of what is going on in the room around you, but generally you will not remember anything of the procedure.

How is colonoscopy done? The colonoscopy is performed while you lie on your left side, although occasionally it may be necessary for you to lie on your back at some stage during the procedure. A flexible tube with a camera at its tip is inserted through the back passage and gently passed around the bowel. Most colonoscopies take between 20-45 minutes.

What is a polyp? A polyp is a small tissue growth attached to the bowel wall. Over time, some polyps can very occasionally become cancer. If polyps are found during colonoscopy they are usually removed at the time of the examination. Most polyps can be removed by a wire snare and retrieved at the time of colonoscopy. If necessary, small tissue samples or biopsies of the bowel can be taken for examination. However, it will not be possible to discuss the removal with you during the examination as you will be asleep. If you have questions please ask your doctor before the colonoscopy.

What happens after colonoscopy? Following the procedure you will remain in the recovery area until the effect of the medication wears off. You will usually be given something to eat and drink once you are awake. When you wake up you may feel a little bloated. This is due to the air that was inserted during the procedure. This will pass over the hour or so. Very rarely you may pass a small amount of blood. This is often due to biopsies that have been taken and is of no concern. You should not have any significant pain.

Those with a large polyp removed are required to remain fasting for 2 hours post procedure and then continue clear fluids for the remainder of the day.

Because of the sedation given it is very important that you do not drive a car, travel on public transport alone, operate machinery, sign legal documents or drink alcohol on the same day after the test.

Are there risks or side effects? Complications of colonoscopy are very rare. Colonoscopy is considered to provide the most accurate assessment of the colon. However, no test is perfect and there is a risk that an abnormality may not be detected. Other problems that may arise with colonoscopy include: **Intolerance to the bowel preparation.** Some people develop headaches or vomiting. **Reaction to the sedatives or anaesthetic.** This is very uncommon but is of concern in people who have severe heart disease or lung disease. **Perforation (making a hole in the bowel).** This is very rare and occurs in approx. 1 in 1000 cases. If this rare complication occurs, surgery might be required to repair the perforation. **Bleeding from the bowel.** This can occur as a result of polyps being removed. Minor bleeding may not require any treatment. Major bleeding may require blood transfusion or repeat colonoscopy. It would be uncommon for surgery or other invasive procedures to be required to treat bleeding. Other rare side effects can occur with any procedure.