



IVANHOE ENDOSCOPY CENTRE

A fully accredited day procedure facility

Level 1, Suite 2, Upper Heidelberg Rd, Ivanhoe, VIC 3079 (Corner of Ivanhoe Parade)

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|--|--------------------------------------|--------------------------------------|--|
| <input type="checkbox"/> Consultation | <input type="checkbox"/> Gastroscopy | <input type="checkbox"/> Colonoscopy | <input type="checkbox"/> Minor Surgery |
| <input type="checkbox"/> Capsule Endoscopy | | | |

Appointment Date:/...../.....

Arrival Time (Not Procedure time):AM/PM

☐ **Mr Stanley Chang**
M.B.B.S. F.R.A.C.S.

☐ **Dr Anh Huan Le**
M.B.B.S. F.R.A.C.P.

☐ **Dr Christopher Leung**
M.B.B.S. F.R.A.C.P.

☐ **Dr En Jin Lim**
M.B.B.S. F.R.A.C.P.

IMPORTANT TO READ

Please bring your **GP referral, medication list, and Medicare card** to the clinic on the day of your procedure.

Your total stay at the day surgery inclusive of waiting time is about **3 to 4 Hours**

Please notify the centre if you have ANY of the following conditions:

- History of diabetes / Stroke / Sleep apnoea / Heart, Lung, or Kidney conditions
- weight over 100kg
- Please notify the centre if you are taking any blood thinning medications (i.e. Aspirin, warfarin, Alavix, or Xarelto)

Please **arrange someone to drive you home** after the procedure and **to stay with you overnight**.

No public transport is permissible, otherwise procedure may be postponed. You may take your regular medications on the day of procedure with a sip of water (Except for Diabetic medication)

No candy or chewing gum and no smoking on the day

Follow Colonoscopy preparation instructions carefully to avoid poor bowel cleansing which may require repeat procedure.

COMPLICATIONS

Both colonoscopy and Gastroscopy are safe procedures.

However, there are potential risks.

The important risks are:

- Anaesthetic risk including lung aspiration and dental injury
- Bowel injury or perforation (1:1000) that may require surgery
- Severe bleeding (1:1000) especially when polyps are removed or if you are taking blood thinning medications.

Please discuss this with your endoscopist prior to the procedure.

REFERRING DOCTOR DETAILS

Dr Name:

Tel: referral date:

PATIENT DETAILS

Name:

Contact Number:

Out of Pocket fees:

Special Equipment Fees:

Clinical indication

REMINDERS

Send your admission forms and GP letter 1 week prior to appointment.

Send via either: Post / Fax / Email

PLEASE READ THE FOLLOWING INSTRUCTIONS CAREFULLY

GASTROSCOPY instructions

No solid food from midnight

You may drink 'clear fluids' no later than 4 hours prior to the procedure

Stop Medications like Mylanta and Gaviscon for 24 hours prior to the procedure

You may continue to take medications like Nexium / Somac / Pariet or similar on the day of the procedure.

Clear fluids include water, Black tea or coffee, Clear Soft drinks, cordial (lime or lemon), juice without pulp, sports drinks, clear chicken broth, Clear Jelly, (lime or lemon), Bonox, Barely sugar.

NO MILK OR GREEN / RED / PURPLE COLOUR LIQUIDS.

COLONOSCOPY instructions

Stop Iron Tablets and fish oil 7 days prior to your colonoscopy.

Buy 1 box of Plenvu from your local pharmacy (no script required)

Stop eating high grain foods, high fibre vegetables and fruits with skin or seeds for 2 days prior to your procedure. (e.g. Tomatoes, oats, nuts, corns, muesli, leafy veg).

Commence a '**low residue**' "white diet" 2 days before your procedure

Low residue (white diet) foods include:

White Bread, white rice, white pasta (no wholemeal) Mash Potato, egg (except fried), Dairy Products including: Cheese butter, milk, vanilla yogurt, or Greek yogurt. Steamed white meats without skin like fish, chicken & pork are also allowed.

AVOID FRIED FOODS HOT PEPPER & SPICES

☐ Colonoscopy appointments before 9am

The day before the procedure

have light '**low residue**' breakfast and Lunch before 12 noon then NO MORE SOLID FOOD ALLOWED until after the procedure.

Clear fluids are allowed the whole day before the procedure.

AT 8PM – start taking '**Dose one**' of Plenvu

AT 11PM start taking 'Dose two' of Plenvu complete fast from fluids from midnight onwards

☐ Colonoscopy appointments 9am & after:

The day before the procedure

have light '**low residue**' breakfast and Lunch before 12 noon then NO MORE SOLID FOOD ALLOWED until after the procedure. **AT 8pm** – start taking '**Dose one**' of Plenvu. Continue drinking clear fluids.

On the day of the procedure

start taking '**Dose two**' 4 hours before the appointment time. Fast from ALL fluids 3 hours before the appointment time

i.e. if your appointment is at 9am start taking Dose two at 5am & fast from 6am

How to take Dose 1 of Plenvu

Pour '**sachet one**' into 500mls of water and stir to completely dissolve (this may take 8 minutes). Slowly consume dissolved Plenvu 'sachet one' over 30 minutes. Once finished, slowly drink 500ml of 'clear fluid' over the next 30 minutes

How to take Dose 2 of Plenvu

Pour '**sachet 2A**' AND '**sachet 2B**' into 500ml of water and dissolve completely.

Drink all of sachet 2 combination slowly over 30 minutes and slowly drink 500ml of 'clear fluid' after over 30 minutes.

NOTE:

Drinking more 'clear fluids' will help prevent dehydration

You can drink more 'clear fluid' after you take Plenvu, you must stop drinking 3 hours before your appointment.

**2 DAYS NOTIFICATION IS REQUIRED FOR CANCELLATIONS.
CANCELLATION FEE OF \$50 APPLIES OTHERWISE**