



# WAGGA ENDOSCOPY CENTRE

50 Best Street  
WAGGA WAGGA NSW 2650

Phone (02) 6921 2711  
Fax (02) 6921 2201

Patients Name:..... Doctor:.....

Appointment Date:.....

Appointment Time:..... Please Arrive By:.....

**You are booked in for a: COLONOSCOPY AND/OR GASTROSCOPY**

**PLEASE READ THIS THOROUGHLY**

**PLEASE CONFIRM THIS PROCEDURE ON: .....Ph 6921 2711**

- **DIABETICS** – Please advise staff when making appointment, or as soon as possible afterwards if you are diabetic. Please bring your personal glucometer to the Centre on day of your procedure along with any tablets/insulin etc.
- **Please advise medical staff at centre at time of booking, or as soon as possible afterwards if you are:**
  1. **Taking any of the following medications:**  
*Iscover, Plavix, Warfarin (Coumadin, Pradaxa, Xarelto), Iron or Arthritis tablets.*
  2. **Allergic to Latex and/or Eggs.**
  3. **If your weight is 130kg or over.**
- If you are taking blood pressure medication, please take this as early as possible on the morning of your procedure with a small amount of water.
- If you are taking Prednisone, please continue your regular dose. **DO NOT STOP IT.**
- Please do not smoke or chew chewing gum the day of your procedure, and do not wear nail polish or body lotion.
- You must have a responsible person to drive/walk you home and you are advised to have someone stay overnight with you also for your safety after the procedure.
- Please arrive 30 minutes before your admission time and bring the following with you:
  - Your** completed Patient Details form regarding your personal and medical history.
  - Medicare** Card, Pension Card or Health Care Card, Veteran’s Card and Private Fund card (if applicable).
  - Referral** letter (if you did not leave it at the centre at the time of your booking).
- Wagga Endoscopy Centre building and surrounding grounds are a smoke free zone.
- If you cannot keep your appointment, please notify us on (02) 6921 2711 as soon as possible as we have long waiting lists.
- If you have difficulty speaking or understanding English, please bring a family member or friend who can interpret for you.

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## PREPARATION INSTRUCTIONS

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**Colonoscopy** (Item No 32090) – This procedure is performed to examine or inspect the bowel and is performed under sedation. **You will need to buy ‘PICOSALAX from a pharmacy for bowel preparation. Please ignore the instructions included with the Picosalax and follow our instructions below.** The success of your examination depends on the bowel being as clear as possible, otherwise the procedure may need to be postponed and the preparation repeated. (Please notify staff if you are over 60 years of age or have heart, kidney or liver disease, as you will need different preparation.)

**3 days prior to your procedure, please avoid foods that contain NUTS, WHOLEGRAINS OR SEEDS.**

*The day **BEFORE** your procedure you must have a light breakfast of white toast and a cup of tea or coffee. After this you are not to eat any solid foods until after your procedure has been done.*

**However, it is essential that you drink at least 3 litres of fluid throughout the day and you can continue to drink fluids up to 4 hours before your procedure.**

*Fluids should include a combination of the following:*

- water • mineral water • soda water • apple juice
- yellow jelly • strained chicken noodle and/or vegetable soup
- black tea and/or coffee (no milk or sugar) • diet lemonade • ginger ale
- Sports drinks /Soft drinks (no red, green, blue or purple)

### **DO NOT DRINK ONLY WATER**

#### **Morning Procedures (Before 9.30am):**

- Take the first sachet of preparation the day before your procedure at **1.00pm** with a glass of water (ie. 250mL).
- Follow with the second sachet at **9:00pm**.

#### **Late Morning and Afternoon Procedures (9.30am onwards):**

- Take the first sachet of preparation the day before your procedure at **3:00pm** with a glass of water (ie. 250mL).
- Take the second sachet of preparation the morning of your procedure **5-6 hours** before your procedure.

**YOU MUST NOT DRINK FOR 4 HOURS PRIOR TO YOUR PROCEDURE**

**Please Note: If you are also having a gastroscopy, there is no extra preparation required.**

If you have any questions, please phone the Wagga Endoscopy Centre between 7.30am and 5.00pm Monday to Friday before beginning preparation.