

Dr. Sina A. Malki- Gastroenterologist & Endoscopist (Ph: 9455 0099)
Colonoscopy ± Gastroscopy information

If constipated, start Movicol sachets (no script required) 2/day for 2 weeks prior to the colonoscopy and stop the day before

Date ____/____/____ Day Arrival time:

**** Note: a cancellation fee does apply so once you book the procedure it is essential you keep your appointment ****

ADDRESS: Please arrive at the hospital reception

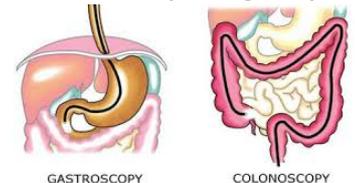
- Reservoir Private Hospital:** 73 Pine St, Reservoir 3073 Ph 9460 8855
 Warrigal Hospital: 216 Burgundy St, Heidelberg 3084, phone: 9251 6408 (bookings), 9274 1300 (hospital)
 Cotham Private Hospital: 209 Cotham Rd, Kew Phone: 8803 0505 (bookings), 8803 0500 (hospital),

PROCEDURE:

You are put to sleep (Intravenous Sedation). A flexible instrument (endoscope) is used to inspect the bowel surface, biopsies (samples) can be taken and polyps/lumps can be removed if present and haemorrhoids can be banded if agreed on this previously and birth marks (angiomas) can be treated.

Please arrange for a relative/friend to drive you home and stay with you. *Do not drive or operate machinery or sign any documents for 12-24 hours after the procedure. Please wear loose and comfortable clothes, No nail polish.

Total time (arrival, admission, Anaesthetist review, procedure, waking up, discharge) ~ **3-4 hours including up to 1.5 hr wait between admission and procedure.**



FEES Please bring your Medicare card and details of private health cover if applicable

- 1) Dr Malki, the Anaesthetist and laboratory (biopsies): **No out of pocket fee is charged however in the event of finding multiple polyps or large polyps, lesions and angiomas that require treatment and the use of therapeutic devices such as clips to close large polyp removal sites to stop bleeding then an extra fee may be charged by day surgery and Dr Malki which may not be covered by medicare or in some cases but less likely by your private cover. Please note medicare and private funds rebate 1 polyp removal only not multiple.**

Pathology may issue an account which is **fully claimable** from Medicare and your insurer– **please let us know if this occurs**

2) Day surgery fee:

- a) No private insurance → \$ _____ out of pocket fee (No Medicare rebate)
b) Patients with private insurance: please call your health insurance on booking the procedure to find out if you have an **excess** to pay on the day. (item numbers for your private cover; colonoscopy=32090, gastroscopy= 30473).

Dr Malki requires 48 hours notice of cancellation of a procedure or you will incur a cancellation fee

POTENTIAL COMPLICATIONS are rare and are related to anaesthetics. eg cardiac, respiratory systems, bowel perforation/hole (1:1000) (which may require surgery), bleeding, bloating (can take Panadol, Buscopan, De Gas), missing lesions (if bowel not adequately cleaned) and abdominal discomfort. Alternatives to the colonoscopy include (x-ray tests such as CT colonography but are not as accurate and do not allow sampling or treatment of detected abnormalities. Note no test is 100% accurate

FOLLOWING THE PROCEDURE: You will be given instructions to read and contact us on the above numbers if you develop any complications such as abdominal pain, fever, bleeding or abdominal distension. **Please make a follow up appointment with Dr Sina Malki in ~ 2-3 weeks (275 Bell St Bellfield 3081 ph 9455 0099), and with your GP in about 1 week. Please take the report we provide you on the day of the test, copies of the biopsy results and report will be sent to your family doctor.**

Inform us of any health problems (heart or lung problems), if you take medication (to thin the blood e.g. Aspirin, Plavix, Warfarin, Pradaxa, Xarelto) or Insulin, or allergies to any medications, a consultation before the procedure is advisable in the above cases. Please inform us of any phobias such as claustrophobia, lift phobia, needles etc.

PROCEDURE: Bring all your medication in particular insulin, asthma puffers.

2 WEEKS BEFORE PLEASE STOP antibiotics as this prevents the detection of h.pylori.

However you can do the urea breath test 2 weeks after to check for the bacteria if you were on them.

7 DAYS BEFORE PLEASE STOP –Please check with your cardiologist or Gp if ok to stop:

- Warfarin, Aspirin/Cartia, Iscover, Asassatin/plavix, Non-Steroidal Anti-inflammatories (e.g. Nurofen, Voltaren, Mobic, Celebrex) Iron tablets, Calcium, Vitamin D, Fish Oil, Glucosamine, Multi Vitamin, Fibre Supplements (e.g. Metamucil)

3 DAYS BEFORE PLEASE STOP-Please check with your cardiologist or Gp if ok to stop:

Pradaxa, Xarelto, Prasugrel, Brilanta, Eliquis, and Rivaroxaban

Then restart after the procedure unless advised otherwise about blood thinners

If you are also having a **Gastroscopy as well:** Stop Nexium, Pariet, Somac, Zoton or Acimax.

If you are diabetic:

- No diabetic tablets to be taken the day before the test nor the day of the test (Recommence after the test and once you have solids.
- If you are on insulin- check your sugar levels (morning, lunch and evening), and if over 12 please take 4 units of insulin and recheck

Panadol/panamax can be taken up to 5 hours before test.

Take your normal medications (including blood pressure tablets with sips of water at least 3-4 hours before the procedure.

Colonoscopy BOWEL PREPARATION (PICOSALAX or PICOPREP) 4 sachets and 2 Dulcolax.

Can be purchased from Dr Malki's rooms or pharmacy without a script.

This process cleans your bowels by causing persistent diarrhea so we can inspect your bowels and detect abnormalities and treat them.

Note: The procedure will only be complete if your preparation is adequate, meaning your stools are of clear yellow watery colour.

4 or more days before your test:

STOP eating whole grains, pips or seeds (e.g. muesli, wholegrain bread, pips within fruit) red meats, fruits or vegetable (except for potato, pumpkin)

Breakfast	Lunch/Dinner	Desert/Snacks
White bread, scones, pancakes, semolina, eggs, cheese, cheese, milk, yoghurt, butter, margarine, jam, vegemite, honey, golden syrup, rice bubbles	Cooked potato, pumpkin without skin, rice, plain white crackers or biscuits, noodles, pasta, plain floured pastry, chicken, fish, oil, mayonnaise, tomato sauce, soups based (on rice, noodles, chicken)	Cake, Jelly, Ice cream Cheese, crackers, rice crackers

However, you can consume foods from the following list:

1 Day before the test:

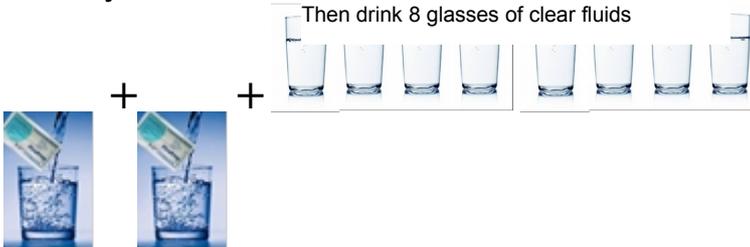
At 7.00am for breakfast: Eat white toast with jam/vegemite and drink black/herbal tea (sugar is ok)-No dairy Products.

2 days before your test take - 2 Dulcolax tablets together at 7pm: 

While off solids please drink 2-3 glasses of clear/ transparent liquids every hour.

We recommend: Lucozade/Sport drinks such as yellow **Gatorade/Powerade, Gastrolyte, water**, Diluted lemon **cordial**, bonox & **Clear soup** must be strained with no particles i.e. chicken broth or vegetable broth, yellow Jelly (mango/lemon), clear fruit juice (apple and grape juice), soft drink, black tea and black coffee (no milk, sugar is ok).

(Please note: no red, purple nor green coloured liquids).

<p>AT 1PM DAY BEFORE</p> <hr/> <p>Mix each of 2 Picosalax in 250ml of water Drink slowly over 2 HOURS Slower if you feel nauseous.</p> <p>Then drink 8 glasses of clear fluids</p> 	<p>AT 5 PM DAY BEFORE</p> <hr/> <p>Mix 1 picosalax in 250ml of water Then drink 4 glasses of clear fluids</p> 
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Please continue to drink 2-3 glasses of clear liquid every hour when you are awake, to ensure that your stools are clear/watery/very clear yellow by the evening and you are well hydrated. If not, continue drinking clear liquids until your stools are very clear and watery.

The morning of the test

4 hours before your procedure

At

Mix the 1 last picosalax in 250ml of water

Then drink 4 glasses clear liquids slowly over 30 minutes.



Stop all liquids and preparation 3.5 hours before procedure : _____

If your stools are not clear, then please obtain a **Fleet or a Microlax enema** from any chemist (no script is required) to be taken through the anus (rectally) before your test or inform the staff at the hospital when you go for the procedure.

If you experience any vomiting please present to your nearest GP, or call the after hour locum service, Super Clinic or Emergency Department to receive and **anti emetic (anti vomiting)** tablet. Please also try to keep yourself well hydrated during the preparation.

Contact us if you have any questions ph 9455 00 99

BOWEL CANCER PREVENTION