

**DR. JEFFREY L. ENGELMAN**

**Telephone - 9553 0299**

You are booked for admission to Double Bay Day Surgery for either a:

1. **GASTROSCOPY**, which is a short procedure under a light anaesthetic to examine the interior of the stomach.

**AND / OR**

2. **COLONOSCOPY**, which is a short procedure under a light anaesthetic to examine the bowel.

**PLEASE COMPLETE THE ADMISSIONS BOOKLET AND FORWARD TO HOSPITAL ADMISSIONS AS SOON AS POSSIBLE**

On the day of admission, you will be interviewed briefly by the nursing staff to confirm details on the admission form before being conducted to the day surgery. Please bring any relevant x-rays and all medications you are currently taking. As you may have to wait prior to your procedure commencing, we suggest you bring along a book/magazine, etc.

Shortly after being admitted to the ward, staff will ask you to change into a hospital gown and remove jewellery, watch and makeup. The anaesthetist will visit and examine you prior to your procedure.

Following GASTROSCOPY you will be given some light refreshments once you have recovered from the anaesthetic and usually discharged 2-3 hours later.

Following COLONOSCOPY you will be given light refreshment shortly after you return to your ward/Day Surgery Unit.

**LEGALLY YOU ARE NOT PERMITTED TO DRIVE A VEHICLE FOR 24 HOURS AFTER AN ANAESTHETIC. YOU WILL THEREFORE NEED TO ARRANGE TRANSPORT HOME.**

PATIENT:

NIL BY MOUTH: **12 midnight**

ADMISSION DATE:

TIME:

DISCHARGE DATE:

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**FOLLOW UP APPOINTMENT WITH DR J. ENGELMAN**

DATE:

TIME:

FEE:

**CEASE WARFARIN, IRON TABLETS, GLUCOSAMINE & FISH OIL OR ANY TABLETS CONTAINING ASPIRIN OR ANTI INFLAMMOATORY DRUGS 7 DAYS PRIOR TO PROCEDURE**

**TAKE ANY MORNING HEART OR BLOOD PRESSURE TABLETS WITH A SIP OF WATER @ 6.00 AM**

**Please purchase PhisoHex / Gamophen or Chlorhexidine antibacterial wash from your pharmacy and use for showering the night before and the morning of your procedure instead of soap.**

## FOR PATIENTS HAVING A COLONOSCOPY

### LOW RESIDUE DIET ITEMS - NO FRUIT OR VEGETABLES OR SALAD OR RED MEAT.

#### THREE DAYS PRIOR TO YOUR PROCEDURE

- CEREALS/ - Cornflakes, rice bubbles, rolled oats, semolina, white bread,  
white muffins,  
BREADS crumpets, white rice, white pasta, plain biscuits.
- FRUIT - Strained fruit juices only
- MEAT - Chicken (no skin), rabbit, turkey
- FISH - Fish (boiled, steamed or grilled), Canned salmon/tuna
- EGGS - Poached, boiled, scrambled or plain omelettes
- DAIRY - Milk (whole or skim). Cheese. Plain/vanilla yoghurt. Custard.
- FATS - Butter or Margarine or cream, vegetable/olive oil
- DRINKS - Tea, coffee, milk, soft drinks, cordials, cream soups (no  
vegetables), clear soups ,e.g. chicken broth, bonox, milkshakes
- DESSERTS - Milk puddings, jellies, plain sponges, croissants, waffles,  
meringue, ice cream  
Pancakes.
- ADDITIONAL- Sugar, honey, boiled lollies, barley sugar, marmite, vegemite,  
bonox, salt. Savoury biscuits e.g. Jatz, Saos, Premium with  
cheese

#### ONE DAY PRIOR TO YOUR PROCEDURE

- CLEAR FLUIDS ONLY** Black tea, black coffee, cordial, strained fruit juices,  
lemonade, plain jelly (avoid red/purple jellies), glucose  
drinks, e.g. Lucozade. Strained  
chicken noodle soup \*\* **It is important you have a  
variety of clear fluids every hour to prevent dehydration**  
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\*\*\*\*\* **PURCHASE BOWEL PREPARATION FROM CHEMIST – NO SCRIPT  
REQUIRED** \*\*\*\*\*

**PICOPREP** x 3 sachets - Dissolve in ½ glass of water. Dry ginger ale or apple  
juice may be added to dissolved mixture. More palatable if chilled well.

1<sup>st</sup> sachet take at **1.00 pm**  
2<sup>nd</sup> sachet take at **5.00 pm**  
3<sup>rd</sup> sachet take at **9.00 pm**

**CONTINUE CLEAR FLUIDS EVERY HOUR UNTIL MIDNIGHT THEN NIL BY  
MOUTH**

**NO WATER**

## **SAMPLE MENU PLAN**

**PATIENTS DO NOT NEED TO EAT ALL OF THE FOODS LISTED. THIS IS A GUIDE ONLY.**

### **BREAKFAST**

**CHOOSE ANY OR ALL OF THE FOODS LISTED.**

Apple / orange / pineapple / pear juice – no pulp  
Cornflakes / rice bubbles / rolled oats with milk  
Eggs - poached, boiled or scrambled or omelette  
White toast / muffins / crumpets with honey, vegemite or jam  
Tea / coffee / bonox  
Croissant

### **MORNING AND AFTERNOON TEA AND SUPPER**

Cup of tea/coffee/bonox with a plain biscuit or cheese and bickies. Milkshakes.

### **LUNCH AND DINNER CHOICES**

Cream soups/chicken noodle soup with bread and butter or toast

**OR**

Cheese/Egg/Salmon/Tuna/Chicken and mayonnaise sandwich (white bread or white pita bread)

**OR**

Steamed/poached/grilled/crumbed fish

**OR**

Boiled pasta with salmon or tuna in white sauce, rice

**OR**

Chicken/salmon in white sauce vol au vents

**OR**

Cheese croissant

### **SWEETS**

Plain jellies (not red/purple jellies) plain sponge cake with a little cream, scones. milk puddings. custard, ice cream, waffles with maple syrup & ice cream, yoghurt (not fruit).

**SPECIAL TREATS** – Barley sugar, boiled lollies, butterscotch, jelly beans, energy drinks eg. Gatorade, Sportsade (not red or purple flavour)