

You are booked for admission to St George Private/Prince of Wales Private Hospital 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 some light refreshments 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: **6.00 AM**

ADMISSION DATE: **TIME:**

PLANNED 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 GLUCOSAMINE OR ANTI INFLAMMATORY DRUGS 7 DAYS PRIOR TO PROCEDURE

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

Please purchase Gamophen, Phisohex or Chlorhexidine antimicrobial wash from your pharmacy and use for SHOWERING the night before and the morning of your procedure.

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

THREE DAYS PRIOR TO YOUR PROCEDURE

- CEREALS - Cornflakes, Rice Bubbles, rolled oats, semolina, white bread, white muffins, white rice, white pasta, plain/ biscuits.
- FRUIT - Strained fruit juices only
- MEAT - Chicken (no skin), rabbit
- FISH - Fish (boiled, steamed or grilled)
- 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
- DESSERTS - Milk puddings, jellies, plain sponges, croissant
- 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

You may have a light breakfast (Tea and toast) before 8.00 am then clear fluids

CLEAR FLUIDS

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 ****

PURCHASE BOWEL PREP FROM YOUR PHARMACY- NO SCRIPT REQUIRED

PICOPREP x 3 SACHETS Dissolve in ½ glass of water. More palatable if chilled well and dry ginger ale or apple juice added to dissolved mixture

1st sachet take at **1.00 pm**

2nd sachet take at **5.00 pm**

3rd sachet take at **6.00 am**

CONTINUE CLEAR FLUIDS EVERY HOUR UNTIL 6.00am 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
Egg-poached, boiled or scrambled or omelette
White toast with honey, vegemite or jam (no seeds), croissant
Tea/coffee/bonox

MORNING AND AFTERNOON TEA AND SUPPER

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

LUNCH AND DINNER CHOICES

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

OR

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

OR

Steamed/poached/crumbed/grilled fish

OR

Boiled pasta with salmon or tuna in white sauce or rice

OR

Chicken/salmon in white sauce vol au vents

SWEETS

Plain jellies (not red or purple jellies) plain sponge cake with a little cream. Milk puddings. Custard

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