



BENDIGO DAY SURGERY

COLONOSCOPY PATIENT INFORMATION

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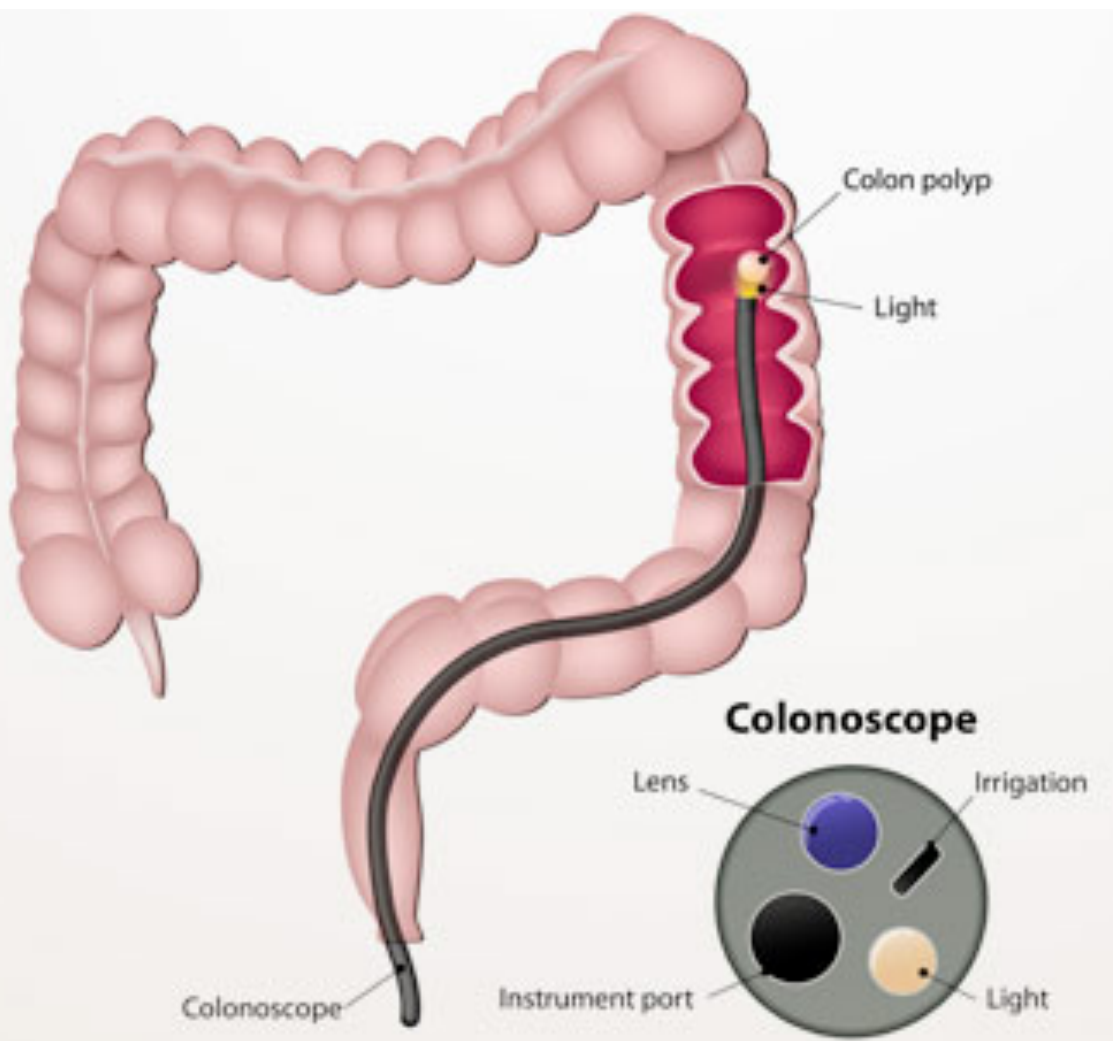
Mr Stephen Lindsay MBBS FRACS

Date Approved by Executive Board:



1 UNDERSTANDING COLONOSCOPY

Colonoscopy is an endoscopic investigation that internally visualises the entire extent of the large bowel (colon) and in some cases, the last few centimeters of the small bowel (terminal ileum). To perform the investigation, a specialised telescopic instrument is introduced via the anus and advanced to the entire extent of the colon under direct vision by the proceduralist, whilst you are under a light anaesthetic.



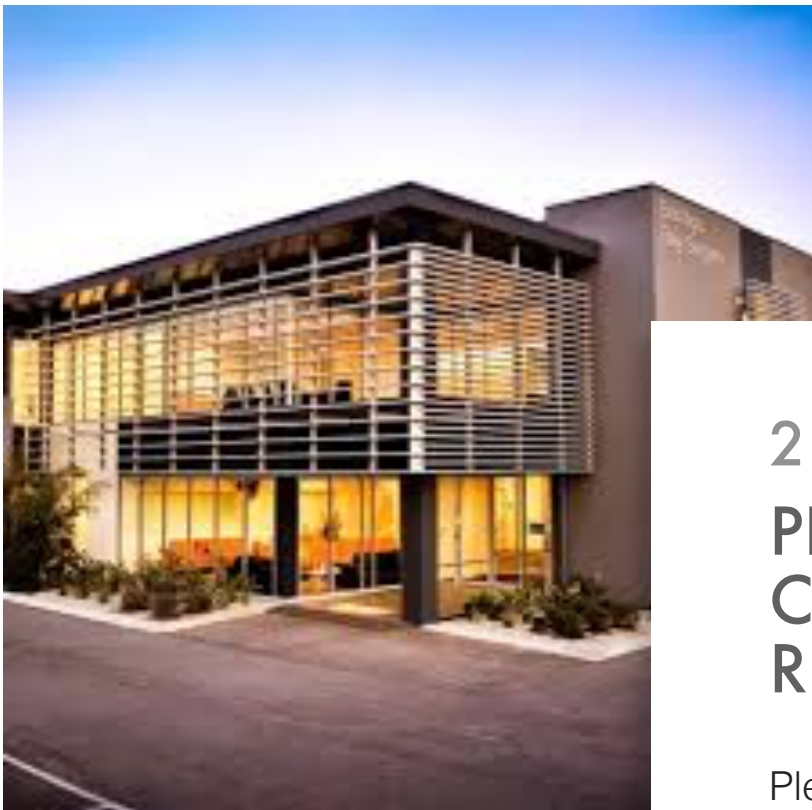
COLONOSCOPY

Colonoscopy commonly takes 15-20 minutes to perform. The proceduralist may take samples (biopsies) of the examined colon during colonoscopy by using additional instruments through the telescope. These biopsies are sent away for testing and the results usually take up to a week to return. Your proceduralist will discuss the nature of these biopsies with you following the examination and schedule an appropriate follow-up appointment before you leave Bendigo Day Surgery.

Polyps are small growths of tissue on the inside of the colon and are very common in Australian society. There is exceptionally good research indicating that polyps may grow to become cancers over prolonged periods of time and as such, polyps are almost always removed by the proceduralist when detected at colonoscopy. This is done passing a disposable metal loop (snare) down the telescopic instrument to cut the polyp which is then retrieved and sent for laboratory testing.

Although colonoscopy is an extremely safe procedure that is commonly performed at Bendigo Day Surgery, there are very small risks associated with the light anaesthetic as well as injuring the colon during the examination. Our experienced doctors will discuss these with you specifically as part of the consent process on the day of your procedure.

Colonoscopy requires both fasting and bowel preparations.



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PREPARING FOR COLONOSCOPY: REGULAR MEDICATIONS

Please bring all of your regular medications to Bendigo Day Surgery on the day of your procedure. To avoid any confusion with fasting requirements and unnecessary delay in performing your procedure, please **do not take any medication on the day**. They will be given to you following the procedure as appropriate.



BLOOD-THINNERS

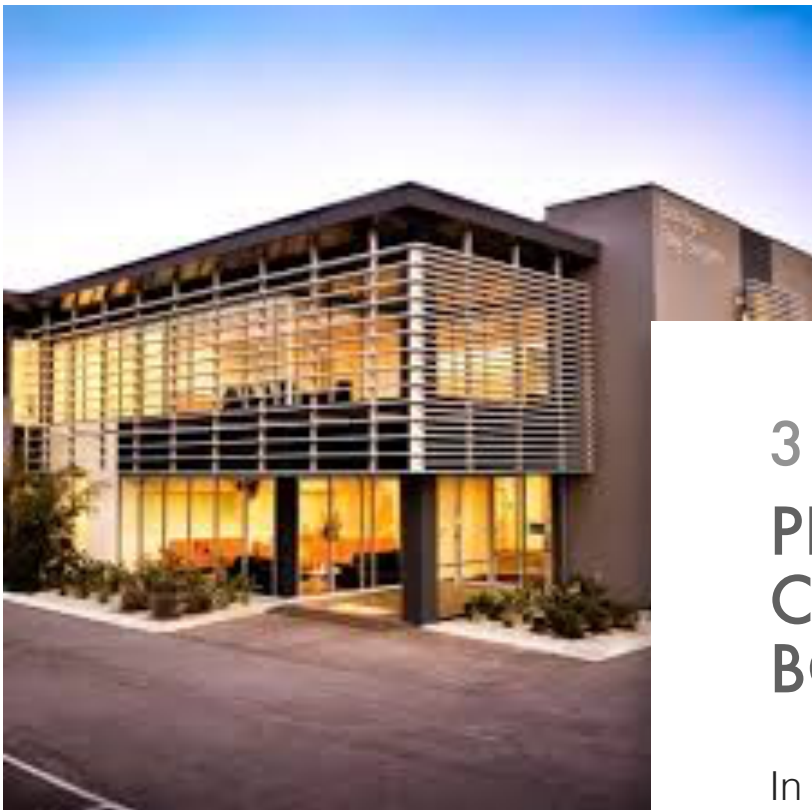
Please ensure that the office of your proceduralist is well aware in advance of your procedure if you are on any blood-thinners other than aspirin. Depending upon the reason why you are on these blood-thinning agents, your proceduralist may request that you do not take them for several days leading up to the procedure. If this is the case, your proceduralist and Bendigo Day Surgery nursing staff will advise you when it is appropriate to resume the medication.

DIABETIC MEDICATIONS

Whilst you are on the clear liquid diet in preparation for your colonoscopy, please take half of any usual diabetic medication. Please do not take any diabetic medication on the day of your procedure; instead bring them along to Bendigo Day Surgery.

IRON TABLETS & ANTI-DIARRHEALS

Please stop all iron tablets and anti-diarrheals **one week prior to your colonoscopy.**



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PREPARING FOR COLONOSCOPY: BOWEL PREPARATION

In order to internally visualise the colon and complete the examination safely, bowel preparation is absolutely vital. Medication (PICO-SALAX) together with a modified liquid-diet is required so that all faeces are cleared from the colon prior to the procedure.



THE WEEK BEFORE

1. Purchase PICO-SALAX from your local chemist; the box should contain two sachets
2. Please ensure that your proceduralist is aware that you are taking any blood thinners other than aspirin
3. Stop taking iron tablets and/or any anti-diarrheal medications

THE DAY BEFORE

GENERAL MEASURES

NO SOLID FOOD TODAY

You are permitted to take clear fluids today that do not contain red, purple or blue colors (clear = anything you can see through)

Drinking lots of water is very important today to prevent dehydration from your bowel preparation

AT 1400

4. Dissolve the first sachet in a glass of 150ml of water and stir for 2-3 minutes to dissolve, then drink this glass
5. Drink one glass of water (250ml) every hour until the next sachet of bowel preparation at 2000

AT 2000

6. Dissolve the second sachet in a glass of 150ml of water and stir for 2-3 minutes to dissolve, then drink this glass
7. Drink one glass of water (250ml) every hour until bedtime

ON THE DAY

NO SOLID FOOD TODAY

You are permitted to take clear fluids up until 2 hours before your scheduled check in time at Bendigo Day Surgery

Do not take any of your regular medications today; bring them to Bendigo Day Surgery

PLEASE DRINK PLENTY OF WATER WITH YOUR BOWEL PREPARATION





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WHAT TO EXPECT ON THE DAY OF YOUR PROCEDURE

Prior to the day of the procedure, Bendigo Day Surgery staff will contact you to confirm the scheduled date and time. Please feel free to ask our staff to clarify any concerns or queries that you may have. Should you forget any details, please do not hesitate to contact Bendigo Day Surgery directly.



ADMISSION

Our friendly administrative staff will check your personal details and 'admit' you to Bendigo Day Surgery once these are confirmed correct against the scheduled procedure

Our skilled nursing staff will introduce themselves to you and assist you with changing out of personal clothing into appropriate Bendigo Day Surgery attire for the procedure

Nursing staff will then perform a check of your medical details and confirm that correct fasting and bowel preparation, where applicable, has been carried out

The anaesthetic doctor will introduce themselves to you and perform a short consultation to ensure that it is safe to proceed towards a light anaesthetic; a small needle will then be inserted into your arm in preparation for anaesthetic medication

The proceduralist will introduce themselves to you and perform a short consultation to ensure that it is appropriate to proceed towards the procedure and inform you of the risks and benefits of the procedure during the consent process

PROCEDURE ROOM

You will then be escorted by our staff into the procedure room where anaesthetic monitoring equipment will be placed and your details are confirmed one last time during the time-out process

The anaesthetist will then put you to sleep by giving you medication through the needle in your arm and the endoscopic examination will commence once you are fully asleep

RECOVERY ROOM

Following the procedure, you will be transported to the recovery room where you will be monitored by our staff until you come out of your anaesthetic completely

Our staff will then help you get changed and escort you to our discharge lounge

DISCHARGE LOUNGE

Our staff will continue to monitor you and ensure that there are no ongoing side effects from your procedure as you are given light refreshments to enjoy

The proceduralist will discuss the preliminary results of the examination with you and arrange for appropriate follow-up appointments with Bendigo Day Surgery staff

Our staff will assist you towards safe discharge with 24 hours of adult supervision



FREQUENTLY ASKED QUESTIONS

Do I get to choose my proceduralist?

Ideally, your local doctor should indicate which proceduralist you have been referred to for your endoscopic examination at Bendigo Day Surgery. Preference for a particular local proceduralist can be accommodated as part of the initial referral process from your local doctor.

What is the difference between a surgeon and physician proceduralist?

In Australia, both surgeons and physicians receive identical training in performing endoscopic examination. As such, there is no actual difference between these two types of specialists in performing your procedure. Depending upon the findings at your procedure, further management may be more appropriately handled by a particular specialist; in some cases both specialists may be required for different reasons.

All proceduralists at Bendigo Day Surgery are highly experienced and credentialed according to national standards of quality for performing endoscopic examinations. Additionally, our proceduralists foster a collegial local relationship with one another in the spirit of delivering world-class outcomes to Bendigo residents.

You mentioned clear liquids for both bowel preparation and fasting requirements. Can I drink alcohol as it is a 'clear liquid'?

Most alcohol is quite correctly in clear liquid form. Despite this, alcohol can interfere with anaesthetic drugs and also contribute to significant dehydration together with bowel preparation and fasting requirements for endoscopy. So please do not drink alcohol during bowel preparation or on the day of your procedure.

Do I get my results on the day?

Although your proceduralist will give you an indication as to what was found at your procedure, the results of biopsies and any polyps removed will often take days to return. Additionally, anaesthetic drugs used to put you to sleep may result in immediate difficulties with understanding or retaining any information explained. As such, a follow-up appointment may be necessary to clarify any outstanding issues.

When can I go back to driving and work?

As you will be given medication to make you sleepy for your examination, you are advised not to drive, operate any heavy machinery or make any significant legally-binding decisions for a period of 24 hours following the procedure. Most patients therefore require a total of 3 days off their usual work-related activities – for the bowel preparation, the procedure and the recovery period.

What happens if I have a bowel perforation?

Your proceduralist is immediately responsible for your care at all times and will make the necessary arrangements for you to be admitted at another healthcare facility to undergo further investigation or surgery as required. In such unfortunate events, your next of kin will be immediately notified.

I am having a gastroscopy and a colonoscopy. Is the same instrument used for both procedures?

As with any other invasive procedure, sterility to prevent cross-contamination between patients is absolutely necessary. All our telescopic instruments are sterilised to national standards between each patient use. Two separate and slightly different instruments are required when each of gastroscopy and colonoscopy are performed at the same setting with the gastroscopy always performed first.

When should I be worried and seek help following the procedure?

It is normal to feel a bit 'tired' following the procedure, but this should last less than 6-12 hours. Although you may feel 'gaseous' and 'bloated', you should certainly not feel any pain following discharge home. You may also experience some mild bleeding or spotting from the anus if a polyp is removed, however, flooding of blood should not occur. Should either pain or significant bleeding occur, you need to contact staff at Bendigo Day Surgery or the office of the proceduralist immediately. If outside of office hours, please present to the Emergency Department at Bendigo Health.



IMPORTANT CONTACT DETAILS

Bendigo Day Surgery

1 Chum Street, Bendigo VIC 3550

P: 5444 3533

Accredited Proceduralists:

Ms Janine Arnold - General Surgeon; P: 5445 4900; F: 5443 5399

Mr Graeme Campbell - General Surgeon; P: 5441 8322; F: 5441 8542

Mr Manny Cao - General Surgeon; P: 5441 8322; F: 5441 8542

A/Prof Leslie Fisher - Gastroenterologist; P: 5434 3393; F: 5441 3789

Mr Tony Gray - General Surgeon; P: 5434 3243; F: 5443 4162

Mr Rodney Mitchell - General Surgeon; P: 5442 5512; F: 5442 9154

Dr Hamish Philpott - Gastroenterologist; P: 5441 2164; F: 5442 6351