

ShoreGastro

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Suite 311A North Shore Health Hub, 7 Westbourne St, St Leonards

Financial Information

- The procedure will be billed "No Gap" for both the surgeon and the anaesthetist. An excess fee may be payable on the day depending on your fund arrangements.
- You should check with your health fund that you are covered for the procedures prior to the procedure day. Item numbers 32222 (colonoscopy), 30473 (gastroscopy) and 32229 (colonoscopy with polypectomy)

You must arrange for someone to take you home due to administration of anaesthetic medications and have someone to stay with you that night.

If you are having a colonoscopy - review your preparation instructions carefully, and take your preparation.

If **gastroscopy** only: No solids for 6 hours prior to your procedure. You can have water only up to 2 hours prior to your procedure

If you are on a **GLP1 agent**, an extended fast is required due to concern with slowness in stomach emptying. This means you can have clear liquids only for 24hrs before their procedure. On the day, you can sip clear liquids until 2 hrs before the procedure, then fast completely.

Location of your procedure(s):

Date of your procedure(s):

Time of admission: Hospital will SMS day before at 5pm or _____

Please note QR codes for hospitals requiring online admission form, best filled out on a computer

North Shore Health Hub (within North Shore Private Facility)

Tower A, Level Podium, 7 Westbourne Street St Leonards Ph: 8425 4121

Between North Shore Private and RNSH, Drop off and Pick up via Westbourne street

Mater Hospital

Level 2 Endoscopy Unit, 25 Rocklands Rd, Wollstonecraft Ph: 9900 7542 or 9900 7528

Royal North Shore Hospital

Reserve Rd, Level 4 Endoscopy Unit (Orange Lifts), St Leonards Ph 94632450

Request for admission booklet to be filled out and returned by patient to the hospital

Strathfield Private Hospital

3 Everton Rd, Strathfield Ph: 9745 7444

Healthwoods Endoscopy Centre

53 Cowper St, Granville Ph: 9760 1555

No form needed to be filled out for this hospital

Please read these instructions NOW, 7 days before and 2 days before

If you are on blood thinners (Plavix, Warfarin, Eliquis, Pradaxa, Xarelto), diabetic medications (metformin, SGLT2 inhibitors (ending in -flozin), or GLP1 agents (ending in -tide, eg Wegovy, Ozempic, Saxenda, Trulicity, Mounjaro), you will need to advise your specialist so special arrangements can be made. You can continue aspirin

7 days before: • Stop iron tablets.

2 days before: Avoid Skin (Fruit and Vegetable), Seeds, Nuts, Grains, or Popcorn

Stick to a white diet: White bread (no whole seeds), white rice, rice noodles, pasta, pita/turkish bread, english muffins, cornflakes, rice bubbles, lean white meat eg. chicken, fish, peeled fruit, peeled potato, mash potato, hot chips, crackers, eggs, butter/margarine, cheese, custard, vanilla ice-cream, white chocolate, cream soups. You can have tea and coffee with or without milk.

Avoid anything not white, and particularly foods high in fiber: wholegrain bread, brown rice, cereals, onion, muesli, muesli bars, any nuts or food containing nuts, skin on fruits or vegetables, Also avoid corn, peas, strawberries, lentils, barley, split peas, coconut, sesame, sunflower or poppy seeds, fruit yoghurt, fibre supplement.

WHITE DIET SAMPLE MENU PLAN

Breakfast: Glass of Milk Rice bubbles with milk and white sugar Scrambled eggs and white toast

Morning Tea: Glass of Mineral water Plain rice crackers with cheese

Lunch: Glass of lemonade White bread sandwich with sliced chicken breast, cream cheese or mayonnaise A white chocolate Freddo Frog or Lemonade icypole or a handful of "milk bottles" (lollies)

Afternoon Tea: Plain vanilla yoghurt Vanilla milkshake

Dinner: White fish fillet with white rice or mashed potato or Regular pasta with diced chicken breast and parmesan cheese or Chicken soup (clear chicken broth/stock) with rice noodles and sliced chicken breast Glass of soda water Vanilla ice cream

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Please purchase 1 box of Prepkit Orange from the chemist over the counter

Youtube Video on how to mix sachets



1 day before procedure:

Only eat foods from the White Diet. Have a White diet breakfast, lunch and small early dinner (5pm). Do not eat your regular diet. Stop eating after 530pm and have clear liquids only until 2 hours before your admission time.

Approved clear liquids: water, tea or coffee (No milk), clear soup/broth, soft drinks, sports drinks e.g. Gatorade, Powerade, cordial, fruit juice without pulp, clear apple juice, yellow or orange jelly (NO blackcurrant, red, purple, green or blue drinks or jelly), clear ice.

If **morning procedure**; have Picoprep at 6pm, Glycoprep at 8pm and Picoprep at 10pm the night before your procedure. For Picoprep, dissolve in 250ml (about one glass) of water. For Glycoprep, dissolve in 1L of water. Stir until the powder has dissolved. Cool if preferred. Then drink this slowly through a straw over 30 to 45 minutes. Then drink at least 2L of clear liquids spread over several hours. e.g. 250ml every 1 hour.

If **afternoon procedure (Admission time 12pm onwards)**; have your Picoprep at 6am, Glycoprep at 7am and Picoprep at 9am on the day of your procedure. For Picoprep, dissolve in 250ml (about one glass) of water. For Glycoprep, dissolve in 1L of water. Stir until the powder has dissolved. Cool if preferred. Then drink this slowly through a straw over 30 to 45 minutes. Then drink at least 2L of clear liquids spread over several hours. e.g. 250ml every 1 hour.

On the day of your procedure:

Take your usual morning medications (unless it is a diabetic medication) with a sip of water at 6 am. Keep drinking water until 2 hrs before your procedure then stop.

Anaesthetic related information

What are the risks?

Anaesthesia administered for elective surgery is exceeding safe for most people when it is performed by a specialist anaesthetist. Nonetheless, every anaesthetic involves some risk.

Side effects or complications may include:

Common but minor side-effects

- nausea and/or vomiting
- sore throat and/or transient change in voice
- bruising at the cannula site

Rare but more serious complications

- awareness under anaesthesia
- severe allergic reactions
- damage to teeth or dental prosthesis
- damage to nerves
- damage to the airway including to the voice box and lungs
- injury to major organ systems including the heart and brain

After your procedure

Depending on the nature of your procedure, you may receive additional instructions for postoperative care. This will be discussed on an individual basis.

You will need to arrange transport home with a companion. You will need an adult to be with you continuously overnight if you are discharged the same day of the operation.

For 24 hours after an anaesthetic, you **SHOULD NOT**: drive a car, drink alcohol, make important decisions (eg. sign important documents), engage in sports or use hazardous machinery.