

Welcome to the STARS Endoscopy Department

Important information regarding your procedure

Please read the following information to help you prepare for your procedure.

On arrival please use the Quick Flow self check-in kiosk found on ground floor, Level 1 and Level 3 you will require your Medicare card or procedure confirmation letter to complete self check-in.

The procedure suite is on level 2. Endoscopy seating area is to the right of reception upon exiting the lifts.

If you have any questions, please contact us on:
07 3647 6432 – General appointment enquiries
07 3647 6163 – Clinical related enquiries

Preparing for your procedure

Failure to follow instructions may result in cancellation / delay of your procedure.

In most cases patients are given deep “procedural sedation”, which allows the doctor to perform the procedure and aims to ensure patient safety and comfort. The anaesthetist will discuss this with you on the day.

- It is important to notify us if you have been recently unwell, have any allergies or personal / family history of problems with anaesthesia
- You will need to provide the name and number of a responsible adult who can collect you after your appointment
- You will also need to ensure arrangements have been made for a responsible adult to remain with you overnight
- You can expect to be in the unit for about 3-4hrs
- Do not drink alcohol, avoid smoking and stop recreational drugs while fasting for your procedure
- Bring in medical devices required for your care (e.g. CPAP)

Medication

- Please cease taking any fish/krill oil and herbal supplements 7 days prior to your appointment
- Please continue to take all your medication unless advised otherwise
- Bring all your medication with you on the day of your procedure

Blood Thinning medication

If you are taking blood thinning medication, you will be contacted to discuss and advised whether you need to stop prior to your procedure (Low dose Aspirin may be continued).

Diabetes

If you are taking diabetes medication, you will be contacted to discuss and advised when you need to alter or stop medications.

- You will be able to resume your diabetic medication with food following your procedure
- Monitor your glucose level more frequently while fasting. Every 2nd Hour is recommended.

- Patients on insulin are routinely scheduled on a morning list. If this has not occurred, please call the department
- If you have any concerns, please make an appointment to discuss with your General Practitioner (GP)

Fasting

If you are having a colonoscopy, please follow the specific preparation / diabetes / fasting instructions given to you separately.

Otherwise please follow instructions below:

Solids (Food products including milk or milk products)

Patients booked for procedure 0700-1300 fast (solids) from midnight the night before.

Patients booked for procedure 1300 - 1730 fast (solids) from 0600 AM the day of procedure.

Clear Fluids

Stop drinking clear fluids 2 hours before your procedure time.

The volume of fluid taken after the cessation of solids should not exceed 400mls, with a maximum of 200mls for any 2 hour period during this time. Medications can also be taken within this time (unless advised otherwise).

Clear fluids are fluids that appear clear to the eye; they can be seen through. Fluids containing milk of any description are not clear fluids. Fruit juices containing pulp or material that prevents the transmission of light are not clear fluids (orange juice and pulped apple juice are not clear fluids). **Fluids that are not clear fluids must be regarded as solids for fasting purposes.**

No fluids should be taken orally in the final 2 hours before your procedure.

What to bring

- Your Medicare card
- Private health insurance card (If you have one)
- Health care card and/or concession card (If you have one)
- Current medications or a list from your GP (prescription, over the counter and herbal medicine)
- Relevant x-rays, scans or any other test results or reports
- Glasses, hearing and mobility aids
- Your support persons contact information for transport home at completion
- Copy of Advanced Healthcare Directive or Enduring Power of Attorney (If you have one)
- Wear comfortable loose fitted clothing, appropriate footwear and a jacket or cardigan in case you get cold
- Something to read while you are waiting
- Do not bring large amounts of cash or valuables such as jewellery, watches or other items of value to you

Please let us know if you need an interpreter at least 48 hours before your appointment.

After the procedure

You will be advised of your results, special instructions and if a follow up appointment is required prior to discharge.

Concerns after procedure

Contact your General Practitioner or 13HEALTH if you have any concerns about your health after you leave hospital.

If you suddenly become unwell, call triple zero (000) or go to the hospital Emergency Department.