



WINDSOR AVENUE DAY SURGERY  
ROSEBUD SURGICENTRE  
MORNINGTON ENDOSCOPY

## Preparation Instructions

### for Flexible Sigmoidoscopy

If you are over 80 years of age, or have severe liver/kidney/heart condition, you may need to see one of the doctors before the procedure.

**Your procedure(s):** Flexible Sigmoidoscopy

**Your procedure(s) date is:** \_\_\_/\_\_\_/\_\_\_, **Time:** 7:30am-11:30am / 12:30pm-4:30pm

**Hospital:** Rosebud SurgiCentre located at 1537 Point Nepean Road, Rosebud West 3940

**Phone:** 5986 4444

We will phone you between the hours of 9am and 12pm midday the business day before your procedure to confirm your arrival time.

Please inform our staff as soon as practical if you are taking blood thinners, Diabetes medications, if you have a Pace Maker, have epilepsy or use a CPAP machine.

For patients who take Epilepsy medications, please take your normal dose with a small glass of water 3-4 hours before procedure time. If you take Insulin, remember to ask your Diabetes Specialists or Family Doctor about what dosages you should have, and remember to bring your Insulin along to the Hospital.

You have been sent admission papers which we ask that you complete and either post back or deliver to Mornington Endoscopy at least 5 days before your procedure. Any letter or referral you have from your doctor should be given to the receptionist on admission.

It is important that you tell the staff if you have any allergies or any medical condition such as diabetes and if you are taking Warfarin, or other blood thinners such as Aspirin, Iscover or Plavix.

**Fleet Enema 2 hours prior to arrival / NO Fleet Enema (circle appropriate)**

Please ensure that you:

- Wear comfortable loose clothing
- **Have NOTHING to drink – NO water or ANY fluids (including no chewing gum) for a minimum of six hours before your procedure time**
- You may take essential medications with your last drink, unless instructed otherwise by one of our nursing staff members
- Arrange for a relative or friend to pick you up and stay with you after the procedure
- Bring along
  - Private Hospital Insurance Details
  - Pension Card
  - Medicare Card

When you arrive at your appointment time, your paperwork will be checked by the reception staff. Once the paperwork is completed, the admissions nurse will take you through to the admissions room where he/she will check your medical history.



WINDSOR AVENUE DAY SURGERY  
ROSEBUD SURGICENTRE  
MORNINGTON ENDOSCOPY

## *Preparation Instructions*

### *for Flexible Sigmoidoscopy*

---

We ask that you do not bring valuables with you as we cannot be responsible for their safe keeping. You will be asked to change into a gown. If you wear dentures or a hearing aid there is no need to remove them.

You will be seen by your doctor and the anaesthetist, and escorted to the procedure room where the anaesthetist will give you a small injection into the back of your hand. The anaesthetist will administer some light sedation and you will go to sleep.

You will be taken to the recovery room following the procedure where you will recover from the anaesthetic. You will be given food and fluids in recovery room.

The actual time of the procedure is about 15-30 minutes and you can expect to be at the hospital about 2-3 hours. Before you are discharged your doctor will tell you the result of the procedure.

The recovery room nurse will give you a discharge information sheet prior to discharge and arrange a follow-up appointment with your doctor if required.

The staff at GastroMedicine & Endoscopy look forward to meeting you and will make every effort to make your stay with us as comfortable and relaxed as possible.