

ENDOSCOPY / GASTRO / LIVER REFERRAL

DATE: _____

PATIENT DETAILS

NAME: _____

D.O.B: _____

CONTACT No: _____

INDICATION

- CONSULTATION
- GASTROSCOPY
- COLONOSCOPY
- CAPSULE ENDOSCOPY
- ERCP
- ENDOSCOPIC ULTRASOUND

REFERRAL TO

- NEXT AVAILABLE
- DR RAOUF BASSILY
- DR SIMON GLANCE
- DR TIN NGUYEN
- DR SHAMILAH LACHAL
- DR ALVIN CHUNG
- DR JOSHUA BUTT

REFERRING DOCTOR DETAILS

NAME: _____

ADDRESS: _____

PHONE / FAX: _____

PROVIDER No: _____

CLINICAL DETAILS

URGENT

GASTRONORTH LOCATIONS

Suburb	Location	Address	Consults	Endoscopy
Bundoora	Bundoora Endoscopy (Main Rooms)	119 Plenty Rd, Bundoora 3083	✓	✓
	Bundoora Specialist Health Care	445 Grimshaw St, Bundoora 3083	✓	
	Northpark Private Hospital	Corner Plenty Rd & Greenhills Rd, Bundoora 3083	✓	✓
Box Hill	Epworth Eastern	1 Arnold St, Box Hill, 3128	✓	✓
Bulleen	195 Specialist Centre	Suite 8, 195 Thompsons Rd, Bulleen 3105	✓	
Coburg	John Fawkner Consulting Suites	267 Moreland Rd, Coburg 3058	✓	✓
Doreen	Laurimar Specialist Centre	Level 1, 120 Painted Hills Rd, Doreen 3754	✓	
Eltham	Main Rd Specialist Centre	1185 Main Rd, Eltham 3095	✓	
Kew	Cotham Private Hospital	209 Cotham Rd, Kew 3101		✓
	Sunninghill Consulting Suites	228 Cotham Rd, Kew 3101	✓	
Wallan	Wallan Consulting Suites	Suite 5, 88 Watson St, Wallan 3756	✓	
Albury	Albury Surgical Group	Level 2, 429 Swift St, Albury 2640	✓	

GASTROSCOPY INSTRUCTIONS

- No solids (including milk) for six hours before your admission time.
- No liquids for four hours before your admission time.
- If you have significant heart or lung problems, you should seek advice prior to the gastroscopy. You can usually take all of your regular medication with a sip of water.
- If you take Insulin or blood thinning medications such as Warfarin, Clopidogrel (Plavix/Iscover), Pradaxa (Dabigatran), Xarelto (Rivaroxaban), Eliquis (Apixaban) or Brilinta (Ticagrelor) please seek advice at least 10 days prior to the colonoscopy. Aspirin can be continued.
- Oral diabetes medications should be withheld on the morning of the procedure.

COLONOSCOPY INSTRUCTIONS

BOWEL PREPARATION KIT

- You will need to obtain THREE sachets of either: Picolax or Picoprep or Picosalax. This is available at Bundoora Endoscopy or at your local pharmacy without a prescription. Each sachet of bowel preparation should be dissolved in a glass of warm water (approximately 250ml).
- This can be chilled in the fridge beforehand if preferred.

MEDICATIONS

- Stop iron tablets, Immodium and Gastrostop 7 days before the colonoscopy.
- If you take Insulin or blood thinning medications such as Warfarin, Clopidogrel (Plavix/Iscover), Pradaxa (Dabigatran), Xarelto (Rivaroxaban), Eliquis (Apixaban) or Brilinta (Ticagrelor) please seek advice at least 10 days prior to the colonoscopy. Aspirin can be continued.
- Oral diabetic medications should be withheld on the day of the procedure. They may be recommenced after the procedure is completed.
- If you take the Oral Contraceptive Pill you should use additional contraception for 7 days after the bowel preparation is commenced as the pill's absorption may be temporarily affected.

DIET & PREPARATION FOR COLONOSCOPY

2 DAYS BEFORE COLONOSCOPY

- Stop eating seeds, grains, wholemeal bread

THE DAY BEFORE COLONOSCOPY

- **Before 7am:** You may have a light breakfast before 7am
- **After 7am: Only CLEAR FLUIDS** are allowed until your colonoscopy
- CLEAR FLUIDS include: water, lemonade, apple juice (no pulp), coffee or tea, clear soups (e.g. clear chicken broth), cordial, sports drinks, jelly (not red/purple)
- It is important that you drink lots of CLEAR FLUIDS for a successful colonoscopy

MORNING COLONOSCOPY		AFTERNOON COLONOSCOPY	
THE DAY BEFORE		THE DAY BEFORE	
5pm	Drink the first Picolax/Picoprep/Picosalax in 250ml water Follow with two glasses of CLEAR FLUIDS	6pm	Drink the first Picolax/Picoprep/Picosalax in 250ml water Follow with two glasses of CLEAR FLUIDS
6pm	Drink the second Picolax/Picoprep/Picosalax in 250ml water Follow with two glasses of CLEAR FLUIDS	8pm	Drink the second Picolax/Picoprep/Picosalax in 250ml water Follow with two glasses of CLEAR FLUIDS
8pm	Drink the third Picolax/Picoprep/Picosalax in 250ml water Follow with two glasses of CLEAR FLUIDS	ON THE DAY	
ON THE DAY		8am	Drink the third Picolax/Picoprep/Picosalax in 250ml water Follow with two glasses of CLEAR FLUIDS
<ul style="list-style-type: none"> FAST (no more clear fluids) from 4 hours before your admission time Regular medications (except diabetic meds.) with a sip of water is OK Arrive at scheduled time. Please note that this is not the exact time of the endoscopic procedure. 		<ul style="list-style-type: none"> FAST (no more clear fluids) from 4 hours before your admission time Regular medications (except diabetic meds.) with a sip of water is OK Arrive at scheduled time. Please note that this is not the exact time of the endoscopic procedure. 	

AFTER THE PROCEDURE

- Because of the sedative you will receive during the procedure:
 - You are not allowed to drive or operate machinery until the following day (ideally 24 hours).
 - You should arrange return transport and ensure a responsible adult stays with you overnight.
 - It is recommended that you do not sign any legal documents until the following day.