

Information for Patients

PREPARATION FOR COLONOSCOPY (OPEN ACCESS PATIENTS)

Endoscopist: Dr _____

Procedure Date: / / 20

Admission time: (To be advised) _____

Admission point: Entrance One (Main Entrance – Scott St)

Discharge point: Entrance Four (Curzon St)



Do you need an INTERPRETER?

The hospital provides a free, confidential interpreting service. Please ask your doctor or nurse to organise one for you.

HA BISOGNO DI UN INTERPRETE? L'ospedale offre un servizio interpreti gratuito e confidenziale. Chieda al Suo medico o alla Sua infermiera di organizzarLe un interprete

¿NECESITA UN INTÉRPRETE? El hospital le ofrece un servicio de intérpretes gratuito y confidencial. Por favor, solicite a su médico o enfermera que lo organice.

ΧΡΕΙΑΖΕΣΤΕ ΔΙΕΡΜΗΝΕΑ; Το νοσοκομείο παρέχει δωρεάν, εμπιστευτική υπηρεσία διερμηνείας. Παρακαλείστε να ζητάτε από το γιατρό ή νοσοκόμο σας να κανονίζει διερμηνέα για σας.

TREBA LI VAM TUMAČ? Bolnica pruža besplatnu i povjerljivu službu tumača. Molimo vas, upitajte vašeg liječnika ili medicinsku sestru da vam to organiziraju.

ДА ЛИ ВАМ ТРЕБА ПРЕВОДИЛАЦ? Болница пружа бесплатне, поверљиве услуге преводаца. Замолите свог лекара или медицинску сестру да вам обезбеде преводаца.

QUÍ VỊ CỎ CẦN THÔNG NGÔN VIÊN KHÔNG? Bệnh viện cung cấp dịch vụ thông ngôn miễn phí và kín đáo. Xin yêu cầu bác sĩ hay y tá sắp xếp thông ngôn viên cho quý vị.

您需要傳譯員嗎? 本醫院提供免費而保密的傳譯服務。請要求您的醫生或護士為您安排傳譯員。

TERCÜMANA İHTİYACINIZ VAR MI? Hastanemiz ücretsiz ve gizlilik ilkesine bağlı tercümanlık hizmeti sunmaktadır. Doktorunuz veya hemşirenizden size bir tercüman temin etmelerini rica ediniz.

MA U BAAHAN TAHAY TURJUMAAN? Isbitaalku wuxuu bixiyaa adeeg turjumaan oo lacag la'aan ah, qarsoodina ah. Fadlan weydii dhaqtarkaaga ama kalkaaliyahaaga inay turjumaan kuu ballamiyaan.

هل أنت بحاجة إلى مترجم؟ نقدم المستشفى خدمة ترجمة مجانية وسرية. الرجاء الطلب من طبيبك أو الممرضة الترتيب لمترجم لأجلك.








ENDOSCOPY BOWEL SCREENING TOOL

Please read and complete the following

- Have you had a previous colonoscopy where the Doctor could not complete the procedure? (Circle) No/Yes
- Have you previously had issues with the bowel preparation? (Circle) No/Yes
- Do you suffer from chronic constipation? (Circle) No/Yes
- Do you have known Diverticular Disease? (Circle) No/Yes
- Have you had previous barium studies or an x-ray of colon? (Circle) No/Yes
- Do you take regular strong pain relief? (Circle) No/Yes
- Are you wheelchair bound, or do you have limited mobility? (Circle) No/Yes

What is your usual bowel type? _____

Bristol Stool Chart

Type 1		Separate hard lumps, like nuts (hard to pass)
Type 2		Sausage-shaped but lumpy
Type 3		Like a sausage but with cracks on the surface
Type 4		Like a sausage or snake, smooth and soft
Type 5		Soft blobs with clear-cut edges
Type 6		Fluffy pieces with ragged edges, a mushy stool
Type 7		Watery, no solid pieces. Entirely Liquid

If you answered yes to any of the above questions or scored a type 1-3 on the Bristol Stool Chart please

Notify the Endoscopy Unit on 4690 4343

The nurses will be able to give you further guidance to ensure your bowel return is clear for your procedure.

PRE ADMISSION, ADMISSION AND DISCHARGE INFORMATION

Pre admission

Endoscopy Nursing Staff will contact you in the days leading up to your procedure, advising you of your fasting and admission times. Please ensure you have completed the bowel screening checklist, as this will ensure correct bowel preparation for your procedure.

For Admission – Entrance 1

On the day of your procedure, please admit to Entrance One (main hospital entrance) on the corner of Scott and Mackenzie Street. There is a drop off zone outside the front door.

It is important to remember - **Your admission time IS NOT your procedure time.**

Your arrival time allows time for your admission and appropriate preparation prior to your procedure. Please also be aware that there can be waiting times due to unforeseen circumstances or emergencies

After your admission process, you will be taken to the Endoscopy Unit where you will be admitted by nursing staff for your procedure. You are more than welcome to bring reading material, or your smart device as we have complementary WIFI.

We strongly advise you to NOT:

- Bring valuables or large sums of money
- Wear any jewellery
- Wear acrylic nails

For Endoscopy Pick Up – Entrance 4

The nurse will contact your escort/carer approximately 30 minutes prior to your discharge time. Your escort/carer is required to come into the Endoscopy Unit to collect you. If your escort is more than 30 minutes away, please notify the nurse to contact them earlier. Please confirm your escort/carer's name and contact details with nursing staff at the time of your admission.

Your escort/carer may park in the designated Endoscopy Pick up / Disabled parking area without requiring to pay for a parking ticket. This park is well signed and is accessible at entrance four via Curzon Street.

THE DAY BEFORE YOUR PROCEDURE

With your bowel preparation, you would have received instructions on how to consume it correctly. Please follow these guidelines, and contact the Endoscopy Unit if you have any concerns or questions regarding administration.



The bowel preparation is designed to cause watery diarrhoea. ***This is completely normal!***

Your bowel motions will become clearer and clearer, eventually look like weak tea or a urine colour. Please check the toilet bowl after each motion to confirm that this is happening.

Bowel Preparation Readiness Chart

Stool Color	Description	Readiness
	Dark, thick, particles	NOT READY
	Brown, thick, particles	NOT READY
	Dark orange, semi-clear	NOT READY
	Light orange, mostly clear	ALMOST READY
	Yellow, light, clear	READY

It is important that you notify the nursing staff on admission if your bowel motions have become darker, or have any solid faecal matter. Further preparation, or an enema, may need to be administered prior to your procedure.

HELPFUL HINTS FOR YOUR COLONOSCOPY

Bowel Preparation

- Prepare your bowel preparation using a measuring container to ensure accuracy
- If the taste of the preparation drink is unpleasant or makes you feel nauseated you may try the following:
 - o stop drinking for 30 minutes
 - o drink the bowel preparation through a straw, or a drink bottle
 - o sip fluids steadily instead of drinking large amounts quickly
 - o suck on barley sugar or butterscotch lollies between drinks
 - o brush your teeth or suck on an ice cube prior to continue the preparation
- To help the taste of the bowel preparation, try adding some flavoured cordial (avoiding blue, red, purple and green coloured cordial)
- If you feel bloated or experience wind pain try:
 - o walking around
 - o sucking on peppermint lollies and/or drink peppermint tea or peppermint water
- Drink extra clear fluids to assist with cleaning out your colon
- Stay warm
- You may feel more comfortable wearing a continence pad once you start the bowel preparation

Failure to have a bowel motion

People vary in the time it takes to have a bowel motion after commencing the bowel preparation.

- If you have not had a bowel motion, but have no pain or vomiting, continue drinking your preparation
- If your bowel motions are not clear after the preparation, contact the hospital as soon as possible to receive further instructions.
- You may be required to have an enema when you arrive if your bowel motion is not clear.

Severe Pain and Vomiting

- If you have severe pain or vomiting, stop the bowel preparation immediately, seek medical advice from your GP, present to your nearest Hospital / Emergency Centre or dial 000 for an ambulance

Keeping Hydrated

- It is very important to drink extra clear fluids as you are able to tolerate. This will help to keep you hydrated and prevent any headaches, dizziness, nausea and ensure your bowel return is clear for your procedure.

Reducing Irritation

- Apply a barrier cream around anal area to reduce irritation e.g. Petroleum Jelly (Vaseline), lanolin, paw-paw ointment, Barrier Cream (sudocream), or Antiseptic Cream (bepanthen)
- Use wet wipes instead of toilet paper and gently wipe to avoid irritation
- If you have haemorrhoids use haemorrhoid cream to reduce discomfort



FURTHER INFORMATION

Colonoscopy Clinical Care standard – consumer fact sheet can be accessed from the following site:

[https://www.safetyandquality.gov.au/sites/default/files/2020-06/colonoscopy_ccs_consumer_fact_sheet - final - web accessible - aug 2018.pdf](https://www.safetyandquality.gov.au/sites/default/files/2020-06/colonoscopy_ccs_consumer_fact_sheet_-_final_-_web_accessible_-_aug_2018.pdf)

My Colonoscopy Experience – Bowel Cancer Australia



My Colonoscopy Experience.

If you are aged 18-and-over and have had a colonoscopy, we invite you to provide feedback about your experience.

My Colonoscopy Experience is a user-friendly and easy to understand questionnaire that can be completed anonymously in around 10 minutes.

Developed by Bowel Cancer Australia and powered by Healthie™, the questions ask about your colonoscopy referral, pre-admission, care and treatment, interaction with staff, discharge from care and any post-procedure issues.

Every person's feedback about their colonoscopy experience is unique and valuable.

Your experience with the health system is an important and meaningful measure of quality of care that can be used for performance monitoring purposes and to drive quality improvement.

My Colonoscopy Experience only takes a small amount of time to complete, but it can have a big impact.

Measuring patient colonoscopy experience in Australia is long overdue.

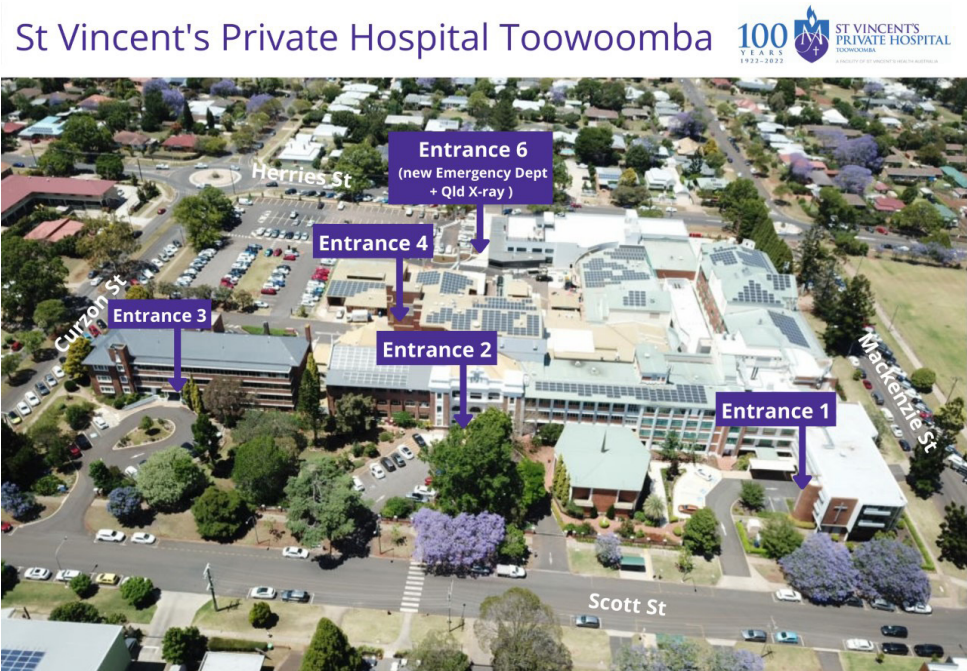
Help us ensure the patient voice is heard, so that future colonoscopy care reflects what patients want and need.

Together, we can make real change happen!

Please to share your anonymous feedback by going to the following website

<https://www.bowelcanceraustralia.org/colonoscopy> and click on **My Colonoscopy Experiences** or contact Bowel Cancer Australia on 1800 555 494 for more information.

HOSPITAL MAP INDICATING ENTRANCE POINTS AND CAR PARKS



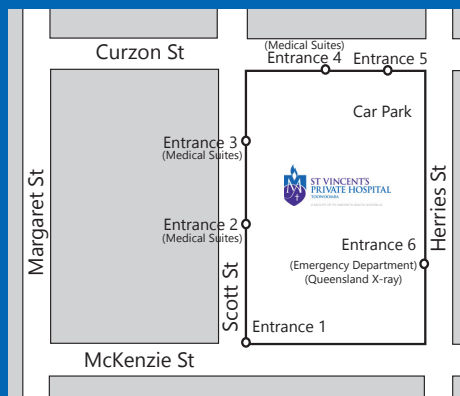
IMPORTANT TELEPHONE NUMBERS

St Vincent's Private Hospital Toowoomba	(07) 4690 4000
Pre Admission Clinic	(07) 4690 4111 or 4690 4404
Endoscopy Unit	(07) 4690 4343 or 4688 5406
St Vincent's Emergency Department	(07) 4690 4444

This image shows a full-page view of a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. At the top left, there is a header area containing the word "NOTES" in a bold, black, sans-serif font. A light blue decorative gradient shape is visible in the upper right corner of the page.

This image shows a full-page view of a notebook or worksheet. The top section has a light blue background with the word "NOTES" written in a bold, black, sans-serif font. Below this header, the page is filled with horizontal grey lines on a white background, providing space for writing.

*Inspired by
You*



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