



ST VINCENT'S

Better and fairer care. Always.

UNDER THE STEWARDSHIP OF MARY AIKENHEAD MINISTRIES

Information for Patients

PREPARATION FOR COLONOSCOPY

**You will receive an SMS from St Vincent's Private Hospital
on the business day prior to your procedure at 0730am to
confirm your admission time.**

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 poverljivu 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.

Pre Procedure checklist

Have you?

- ☐ **Completed your admission forms** at least one week before your procedure date.

Complete online - <https://www.svph.org.au/online-admissions>

Complete in person - Preadmission Services, Entrance 4, Level 1.

Please call our Bookings Team on 1800 655 099 if you have any concerns or difficulties completing these admission forms.

- ☐ **Returned your Bowel Screening Form**

either in person or via email to:

svpht.bowel.nurse@svha.org.au

- ☐ **Collected your bowel prep** from the Hospital Pharmacy - St Vincent's Toowoomba

The Pharmacy is open during the following times:

8.00am - 5.30pm Monday - Friday

8.00am - 1.00pm Saturday

10.00am - 1.00pm Sunday (and Public Holidays)

Please call the Pharmacy - St Vincent's on (07) 3377 3540 if you have any concerns about collecting your prep during these hours.

- ☐ **Received Medication Instructions from your admitting Doctor for any diabetes or blood thinning medications if you take them.**

- ☐ **Organised a Support Person to collect you from St Vincent's Hospital after your procedure and stay with you for 24 hours post anaesthetic.**








You are required to have a responsible adult, over the age of 18 to remain with you for 24 hours following your procedure

We wish to remind you that you are NOT allowed to do the following for 24 hours after your procedure:

- Drink alcohol
- Drive a car or operate machinery
- Sign legal documents
- Walk home from hospital unescorted

Failure to have a support person may result in your procedure being cancelled.

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 |

You're ready to go! One of our friendly Bowel Nurses will contact you in the week before your procedure to discuss your preoperative diets and bowel prep instructions. Our Bowel Nurses are available to answer routine questions during business hours on 07 4688 5406.

IMPORTANT INFORMATION

Medication management for your procedure

You should continue to take your routine medication including pain relief as prescribed, even on the day of your procedure. If you have medication due while taking the preparation, wait for **1 hour** after finishing the preparation to take it.

Anticoagulants / Blood thinning medications

These medications can increase the risk of bleeding if a biopsy is taken or a polyp removed. It is important you inform your referring Doctor and the Pre-Admission nurse if you are currently taking the following:

- Warfarin, Coumadin, Marevan
- Pradaxa
- Eliquis (Apixatan)
- Xarelto (Rivaroxaban)
- Bulinta
- Plavix (Clopidogrel)
or any other blood thinner

Low dose Aspirin **does not** have to be withheld prior to your procedure.

Please contact your Admitting Doctor or Specialist as soon as possible regarding management of blood thinning medications.

DO NOT stop taking blood thinning medications without a directive from your doctor.

Diabetic medications

If you are currently taking oral medication or insulin for diabetes you may need to adjust your current doses whilst you are taking your bowel preparation.

Please read the 'Patient Information for Diabetes and Surgical Procedures for Adults' booklet. This booklet should have been given to you by your Admitting Doctor's rooms. This booklet contains important information regarding management of diabetes while fasting and warning signs of diabetes emergencies.

Please contact your GP/Endoscopist or Diabetic Physician as soon as possible regarding management of diabetic medications while fasting.

Your pre-admission nurse will contact you before the procedure to confirm any orders you have received from your doctor.

Fibre supplements

Stool bulking agents such as Metamucil, Psyllium husks, Benefibre **must be stopped 3 days prior** to your procedure.

Iron tablets

Iron supplements **must be stopped 1 week prior** to your procedure.

Natural / Homeopathic therapies

Any non-prescribed supplements such as Fish Oil, Omega 3, Vitamin supplements **must be stopped 3 days prior** to your procedure.



Before your procedure

Please start a low fibre diet 3 days before your procedure. A list of suitable and not suitable foods is listed on your bowel prep instructions sheet.

The day before your procedure you will be asked to stop eating solid food and change to a clear fluid diet as notated on your instruction sheet. It is important to drink a range of clear fluids not just water. Incorporating electrolyte replacement drinks into your clear fluid diet can assist in preventing dehydration.

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

It is important that you follow the instructions carefully, as your bowel needs to be very clean for your doctor to be able to see the bowel wall. If you are prone to constipation or get constipated when changing your diet, you may be asked to take a laxative such as MOVICOL® which is available over the counter at your pharmacy.

Before your procedure cont.

Please commence your bowel prep as directed on your instruction sheet. Please pre-prepare your prep and chill in fridge prior to drinking.

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.

Pre Admission, Admission and Discharge Information

Pre admission

Endoscopy Nursing Staff will contact you in the days leading up to your procedure, to discuss your bowel prep and answer any questions you may have. Please ensure you have completed and returned 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 4 via Curzon Street.

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:
 - stop drinking for 30 minutes
 - drink the bowel preparation through a straw, or a drink bottle
 - sip fluids steadily instead of drinking large amounts quickly
 - suck on barley sugar or butterscotch lollies between drinks
 - 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:
 - walking around
 - 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

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

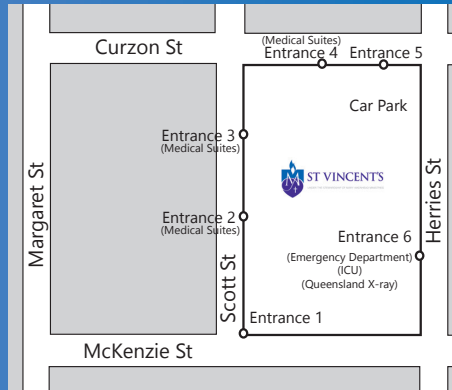
<https://www.bowelcanceraustralia.org/colonoscopy> and click on **My Colonoscopy Experiences** or contact Bowel Cancer Australia on 1800 555 494 for more information.

HOSPITAL MAP INDICATING ENTRANCE POINTS AND CAR PARKS



IMPORTANT PHONE NUMBERS

| | |
|---|-----------------------------|
| St Vincent's Private Hospital Toowoomba | (07) 4690 4000 |
| Bowel Nurse | (07) 4688 5406 |
| Endoscopy Unit | (07) 4690 4146 or 4690 4343 |
| St Vincent's Emergency Department | (07) 4690 4444 |
| Bookings | 1800 655 099 |



St Vincent's Private Hospital Toowoomba
22 - 36 Scott Street
TOOWOOMBA QLD 4350

Telephone (07) 4690 4000

Web address www.svpht.org.au

This education tool was developed in partnership with SVPHT Consumers.

SVT_10_053_0524_v2



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