

**Dr Sunil P Kaushik MBBS (Hons, UNSW), FAMS, FRACP**  
**Gastroenterologist**  
**West Coast Endoscopy Centre**  
**1/32 Pimlico Place Joondalup WA 6027**  
**Tel: (08) 9301 4437 Fax: (08) 9301 4438**

---

**PATIENT TO RETAIN FOR THEIR RECORDS**

## **FLEXIBLE SIGMOIDOSCOPY INFORMATION**

**1. PROCEDURE INFORMATION** - Please read this through carefully and purchase anything that is required for your procedure as directed in the information provided. Any product required is available e.g. picosalax at the chemist without a prescription or from West Coast Endoscopy Centre.

**2. HOSPITAL PRE-ADMISSION FORMS** - Please answer ALL questions to forms 1, 2 and 3 and sign where required and bring the forms with you on the day of your procedure. If your procedure is open access ie you have not seen me in consultation, you must make sure you are satisfied with the explanation given to you by your GP and our written procedure information. If you are not satisfied with this you must see me in consultation to discuss any concerns you may have.

**3. FINANCIAL INFORMATION AND CONSENT** - Please confirm the information is correct, answer ALL questions to forms 1 and 2, then make sure you have contacted your health fund and you are satisfied with the information obtained. Any gap, excess or co-payment is payable on the day so please ensure that you bring your credit card/cash with you.

**4. PARKING** – Free parking is available at the rear of the building. 2 hour parking is available on McLarty Avenue. Please note remaining of parking is residential permit parking only and this is regularly policed.

**5. VALUABLES** –Please don't bring any jewelry, including watches with you on the day of your procedure. Please leave mobile phones at home but ensure that you have your pick-up's phone number on your paperwork.

**6. NAIL POLISH/MOISTURISER** – Please do not wear dark nail polish or put moisturizer on your body as this interferes with our monitoring equipment.

If you have any questions at all regarding your procedure(s) please contact my rooms on 9301 4437 and my staff will be happy to assist you with your queries.

**YOU WILL BE AT WEST COAST ENDOSCOPY CENTRE FOR APPROXIMATELY 3-4 HOURS. HOWEVER, PLEASE ENSURE THAT THE PERSON PICKING YOU UP IS CONTACTABLE FROM THE TIME YOU ARE DROPPED OFF AT WCEC.**

## Procedure Information

**IF YOU ARE HAVING A FLEXIBLE SIGMOIDOSCOPY:** This is a limited examination in which a flexible tube examines the lining of the last 1/3 of the large intestine, i.e. it doesn't examine the whole of the large bowel. It may be done for symptoms of bleeding and diarrhoea and is usually reserved for those in whom more invasive examination may pose greater risk, or in the very young who only have minor bleeding. Sometimes it is used after a Barium enema to examine the very last part of the large bowel. Polyps within the reach of the instrument can be removed, however, if a polyp is seen a full examination of the bowel is required (Colonoscopy) to check for any other abnormalities. Flexible Sigmoidoscopy is a day procedure and lasts only about 5 to 10 minutes and is usually done with sedation. Because you will be sedated to make you sleep, you cannot drive home, or drive until the next day.

### FLEXIBLE SIGMOIDOSCOPY PREPARATION INSTRUCTIONS

You must fast for six hours (from food) before the procedure; this includes lollies and chewing gum. You may drink water only, up to 3 hours before your procedure.

**If your procedure is in the morning:** At **8.00 pm** the night before your procedure – dissolve one sachet of Picosalax in a glass of warm water and chill in the fridge. When chilled, drink it over 5 to 10 minutes followed by 150 mls of water.

**If your procedure is in the afternoon:** At **6.00 am** the day of your procedure – dissolve one sachet of Picosalax in a glass of warm water and chill in the fridge. When chilled, drink it over 5 to 10 minutes followed by 150 mls of water.

An enema will be given on arrival to clear the lower part of the bowel of stools.

### GENERAL INFORMATION FOR ALL PROCEDURES

**WILL IT BE PAINFUL?** Sedation is used so you will be drowsy, not unconscious. In the private system an Anaesthetist is present so you can be more deeply sedated and will feel little (if any) discomfort. In the public system we use standard sedation and should still be comfortable. Some discomfort or pain may be experienced but this is rare. You may feel bloated for a while afterwards because air is put in to distend or "open" the gut.

Women who have their period at the time of their procedure, if possible, please wear a tampon.

### DIABETICS (As a general guide, you may follow these instructions.)

Tablets: Do not take your diabetic medication the night before and the day of your procedure.

Insulin: Take half your normal dose the night before, check levels in the morning, if TOO LOW- drink apple juice, if TOO HIGH – take half your insulin.

**PLEASE BRING YOUR INSULIN OR TABLETS WITH YOU ON THE DAY OF YOUR PROCEDURE.** If you have concerns, discuss this with your doctor.

### HISTORY OF HEART DISEASE OR STROKE

If you have a heart disease or have had previous strokes, these can be made worse by adjusting your blood thinners. The risk of a major coronary event after a coronary artery stent has been in place for more than 12 months is around 5%. If you are concerned about any known heart disease or previous strokes you must discuss this with me in consultation and the doctor in charge of your other illness e.g., cardiologist neurologist or GP.

## Procedure Information

### **SPECIFIC MEDICATION AND BLOOD THINNERS**

If you had a coronary artery stent inserted within the last 12 months you should not be having this procedure unless you have seen Dr Kaushik and your cardiologist has agreed. If you have had a coronary artery stent inserted more than 12 months ago we may write to your cardiologist for advice. If you have any concerns contact your cardiologist and inform them of your procedure and its date.

The following medications **MUST** be discussed with your GP or Specialist (Cardiologist or Neurologist) before your procedure is to go ahead. If you are taking (Warfarin [Marevan, Coumadin], Clopidogrel [Plavix, Iscover, Clovix, Piax], Prasugrel [Effient], Dipyridamole [Persantin and Asasantin], Aspirin, Heparin, Clexane [Enoxaparin], Pradaxa [Dabigatran], Apixaban [Eliquis], Rivaroxaban [Xarelto], or Ticagrelor (Brilinta) you must make arrangements with your GP or Specialist (at least one week prior to your booking date) to discuss management of your medication.

Aspirin – This *should* be continued. Anti Inflammatories can be continued. Iron – liquid or tablets to be stopped 7-10 days before Colonoscopy.

### **MEDICATIONS IN GENERAL**

All medications should be taken, including blood pressure medications. Only stop these if you have been advised to stop.

**WHAT TO EXPECT AT WEST COAST ENDOSCOPY CENTRE:** On your admission our receptionist will finalize admission details. You will then be taken from reception by a nurse and admitted to the centre, where an outline of your stay will be explained. When the doctor is ready for you, the anaesthetic nurse will take you in to the procedure room, where you will be cared for by a team of professional nurses in conjunction with your doctor and Anaesthetist. You will wake in the relaxed environment of our specialised recovery area where your progress will be monitored until it is safe for you to go home. You will be served tea, coffee and biscuits and you are welcome to bring in your own refreshments, especially if you have special dietary requirements. Nursing staff will then phone the person responsible for collecting you. . You may wish to visit our website at [www.westcoastendoscopy.com.au](http://www.westcoastendoscopy.com.au) which provides useful information.

**DISCHARGE INSTRUCTIONS:** Your carer will need to come into the centre to collect you and take you home. Someone should stay with you over night. You can have a light meal that evening and eat normally the next day. You will be given a procedure report. If you feel unwell e.g. abdominal pain, bleeding, have “black stools” or dizziness then you must see a doctor or go to your nearest emergency department. Please take your report with you and ask the staff to contact me at the West Coast Endoscopy Centre (9301 4437).

Remember that you can't drive home or drive until the next day. Do not operate machinery, or make important decisions until the next day. You will be informed whether follow up will be with your GP or to see me in my rooms.

**PLEASE CONTACT OUR ROOMS 48 HOURS PRIOR TO YOUR PROCEDURE IF YOU NO LONGER REQUIRE THIS APPOINTMENT OTHERWISE YOU WILL OCCUR A \$250 CANCELLATION FEE.**