

## PANENDOSCOPY INSTRUCTIONS

LOCATION: \_\_\_\_\_

PROCEDURE DATE: \_\_\_\_\_ PRESENT TO: \_\_\_\_\_

ADMISSION TIME: THE BOOKINGS UNIT AT THE PRIVATE HOSPITALS ADVISE YOU OF ADMISSION TIME – NOT THE PRACTICE OF DR DOWSETT, DR HE, DR PANG.

PLEASE NOTE: THE ADMINISTRATION STAFF CONTACT YOU BETWEEN APPROXIMATELY 1PM AND 5PM THE DAY PRIOR TO YOUR PROCEDURE.

GOSFORD PRIVATE ENDOSCOPY CENTRE: 4348 8555

GOSFORD PRIVATE HOSPITAL MAIN SWITCH: 4324 7111

BRISBANE WATERS PRIVATE HOSPITAL: 4341 9522

TUGGERAH LAKES PRIVATE HOSPITAL: 4310 9100

GOSFORD PUBLIC OR WYONG HOSPITAL: The hospital staff will contact you when a date is available and will inform you of the time to present to hospital between 2pm and 6pm the day prior. If your procedure is on a Monday you will receive a call the Friday prior to your admission date.

PREPARATION: YOU ARE TO HAVE NOTHING TO EAT for 6 (six) hours prior and NO FLUIDS 4 (four) hours prior to the procedure.

THE PRIVATE HOSPITALS REQUIRE THAT YOU HAVE SUBMITTED YOUR COMPLETED BOOKLET EITHER BY EMAIL OR PERSONALLY DROPPING THE BOOKLET IN TO THE MAIN RECEPTION AT THE RELEVANT HOSPITAL AT LEAST 2 (TWO) WEEKS BEFORE YOUR PROCEDURE. (This does not apply to Gosford or Wyong Hospitals).

Ensure you take your MEDICARE CARD, HEALTH FUND DETAILS and/or VETERAN'S CARD to the hospital.

PANENDOSCOPY is a test that allows viewing of the oesophagus, stomach and the early part of the small bowel (duodenum). It is performed with a thin telescopic instrument which gives excellent viewing for the diagnosis of upper gastrointestinal problems such as ulcers etc and allows accurate specimens to be taken at all levels if required.

SEDATION is given intravenously so that most patients have little memory of the entire procedure. Because of the sedation however, you will be UNABLE TO DRIVE HOME and MUST make arrangements to be driven by a relative/friend/taxi. You MUST NOT DRIVE for at least 12 HOURS following the procedure. The procedure itself takes less than twenty minutes but you will require at least 2 hours recovery time before discharge. It is therefore suggested that if someone is picking you up, that he/she phones to confirm time of discharge.

MEDICATIONS (except diabetic patients) may be taken normally with a sip of water only up to four hours prior.

DIABETICS – If you are on tablets, do not take the tablets but bring them with you. If you are using INSULIN, you should be the first case done in the morning and given HALF your normal INSULIN dose with a meal soon after the procedure (please bring your own INSULIN). IT IS VERY IMPORTANT THAT BOTH DR DOWSETT'S SECRETARY AND THE HOSPITAL ARE MADE AWARE OF YOUR DIABETIC STATUS.

Please bring all relevant X-RAYS, BARIUM MEAL RESULTS, BARIUM ENEMA RESULTS with you, if applicable. After the test you should have no new symptoms. However, on rare occasions a sore throat may be experienced and occasionally some mild upper abdominal bloating due to air inserted during the procedure to distend the inside of your stomach. Any problems after the procedure should be reported to the doctor in the rooms on:

4323 4846 or email: [admin@drjdowsett.com.au](mailto:admin@drjdowsett.com.au)