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Dr Craig Haifer

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Provider no: 433885BK

Gastroenterologist and Hepatologist

Please Note: Procedures at Double Bay Day Hospital (DBDH) take place on a Monday, or Wednesday afternoon. Please contact us on 9386 9780 to discuss and book.

At: Double Bay Day Hospital*
Level 2, 451 New South Head Rd, Double Bay
Ph 9096 3100 | Fax: 9096 3130
eMail: admin@dbdh.com.au

*DBDH will SMS you the day prior to your procedure to advise of your admission details/time etc.

Preparation for Colonoscopy

BOWEL PREPARATION

- You will need to obtain “moviprep” from your local pharmacy. This contains 2 sachets.
- The preparation can be made-up and chilled in the fridge beforehand if preferred
- For a successful colonoscopy, it is very important that the large bowel be totally clean. If the bowel is not completely clean, then you may have to repeat the procedure again. Please follow the instructions carefully for the best possible results

MEDICATIONS

- Stop iron tablets, Imodium 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 complete.
- 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 INSTRUCTIONS 2 DAYS BEFORE YOUR COLONOSCOPY

- Follow the WHITE DIET all day until 8pm (see instructions over page)
- After 8PM only CLEAR FLUIDS are allowed until your colonoscopy
- CLEAR FLUIDS are: water, soda water, mineral water, cordial, sports drinks (not red/purple/blue), lemonade, apple juice (no pulp), black coffee/tea (no milk), clear soup (e.g. clear chicken broth), jelly (not red/purple)

BOWEL PREPARATION

- **You should take 1 sachet of Pico-prep at 4pm on the day prior to your procedure AND at 7am on the day of your procedure**

- You may continue drinking CLEAR liquids up until 3 hours prior to your admission, thereafter you are required to fast i.e. NOTHING TO EAT OR DRINK until after your procedure.

WHITE DIET

Foods ALLOWED

- CLEAR FLUIDS are allowed in the white diet: water, soda water, mineral water, cordial, sports drinks (not red/purple/blue), lemonade, apple juice (no pulp), black coffee/tea, clear soup (e.g. clear chicken broth), jelly (not red/purple)
- Milk, white coloured yoghurt (no added fruit), mayonnaise, cream, sour cream, butter and margarine, oil for cooking
- White bread/toast, rice bubbles cereal, eggs
- White rice, regular pasta, potatoes (peeled), rice noodles
- Rice crackers (plain), white flour, sugar
- Chicken breast (no skin), white fish fillet (no skin)
- Cheese: cream cheese/cheddar/ricotta/feta/cottage/mozzarella/parmesan cheese
- White chocolate, vanilla ice cream, lemonade ice-block ('icy-pole'), custard, "milk bottles" (white confectionery)

Food NOT ALLOWED

- Anything not listed above
- Other white coloured foods such as pears, parsnip, cauliflower, onion, high fibre white bread, tofu, coconut, porridge, banana, mushrooms, semolina, couscous, popcorn

White diet sample menu plan

Breakfast:

- Glass of Milk
- Rice bubbles with milk and white sugar
- Scrambled eggs and white toast

Morning Tea:

- Glass of Mineral water
- Plain rice crackers with cheese

Lunch:

- Glass of lemonade
- White bread sandwich with sliced chicken breast, cream cheese or mayonnaise
- A white chocolate Freddo Frog or Lemonade icypole or a handful of "milk bottles" (lollies)

Afternoon Tea:

- Plain vanilla yoghurt
- Vanilla milkshake

Dinner

- White fish fillet with white rice or mashed potato
- or Regular pasta with diced chicken breast and parmesan cheese
- or Chicken soup (clear chicken broth/stock) with rice noodles and sliced chicken breast
- Glass of soda water
- Vanilla ice cream

GASTROSCOPY (only)

DIET

- You are required to fast for 6 hours prior to your admission time i.e.
- You can continue to have CLEAR FLUIDS until 3 hours prior to your admission times
- CLEAR FLUIDS are allowed in the white diet: water, soda water, mineral water, cordial, sports drinks (not red/purple/blue), lemonade, apple juice (no pulp), black coffee/tea (no milk), clear soup (e.g. clear chicken broth), jelly (not red/purple)

MEDICATIONS

- Stop iron tablets, Imodium 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 complete.
- If you are insulin dependent, please ensure you have made both our office and the Day Hospital aware of this.

COLONOSCOPY AND GASTROSCOPY

If you are having **BOTH** a colonoscopy and gastroscopy/small bowel biopsy, please follow the DIET and PREPARATION instructions as per "Colonoscopy" instructions on previous page.

AFTER YOUR PROCEDURE

PLEASE ENSURE You have organised someone to take you home after your procedure, as legally you may

- 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

Double Bay Day Hospital cannot confirm a procedure booking without having received your completed Pre- admission Information.

** Please support them by completing this necessary information. This can be done by simply clicking this link <https://www.preadmit.com.au/Patient/dbdh/>

If you have not already done so, please ensure you have booked a follow up consultation appointment to discuss your results. Call us on 9386 9780 to arrange.

MEMORANDUM OF FEES

If you are **NOT a member of a Health Fund** you are responsible for all costs involved with your procedure.

If you **are a member of a Health Fund**, it is your responsibility to call your Health Fund to verify that you are adequately covered for the procedure.

PLEASE NOTE: There are **4** parties involved with your procedure; the Gastroenterologist, Day Hospital, Anaesthetist and Pathologist.

PATIENTS WITH PRIVATE HEALTH (HOSPITAL) COVER

Please contact your Health Fund to verify that you are covered for the procedure, the item numbers you will need to quote, are listed below. If you are having a procedure not listed, please contact our office for the relevant item number.

Colonoscopy - Item number 32222-32227

Colonoscopy with Polypectomy - Item number 32229

Gastroscopy - Item number 30473

Gastroscopy with Polypectomy Item number 30478

Sigmoidoscopy Item number 32084 & Haemorrhoid Banding - Item number 32135

Please also check whether you have an **EXCESS** and the amount, as you will be **required to pay** this to the **Day Hospital** on the **day of admission**.

Please ensure that you have **served your waiting period** (usually 12 months) and you are **up-to-date with payments**. If you have not served your waiting period, you are technically classified as **NOT HAVING A HEALTH FUND**.

PATIENTS WITH **NO** PRIVATE HOSPITAL FUND COVER

Please call us to discuss Dr Haifer and the DBDH fees.

Please note, there are 4 parties involved with your procedure, besides Dr Haifer and the DBDH, there is also a fee due to the **anaesthetist** and **pathologist**.