



## ASSOCIATE PROFESSOR MARTIN WELTMAN

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**Gastroenterologist & Hepatologist**

Please Note: Procedures at Double Bay Day Hospital (DBDH) take place on a Wednesday, Friday or Saturday. 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

On the **day prior** to your procedure you need to go onto a **clear liquid diet** e.g. black coffee/teas, clear soups, water, apple juice, mineral waters, jelly, etc (no tomato soup, milk, orange juice please). Please do not have any solids, or anything that is dark in colour e.g. red, blue etc.  
At **12pm, 2pm & 4pm** you will be required to take the bowel preparation **PicoPrep 3 Sachets**. It is available from a chemist without prescription.

You may continue drinking liquids up until **5 hours prior to your admission**, thereafter you are required to **fast** i.e. NOTHING TO EAT OR DRINK until after your procedure.

#### GASTROSCOPY/SMALL BOWEL BIOPSY

You are required to **fast 5 hours prior to your admission time** i.e. NOTHING TO EAT OR DRINK until after your Procedure.

**DO NOT have grains, nuts and seeds for at least 3 days prior to your procedure.**  
**DO NOT eat, drink or smoke on the morning of your procedure.**

Please ensure you have organised someone to take you home after your procedure, as legally you may not drive for 24 hours post procedure.

**IMPORTANT:** If you take, Warfarin, Aspirin, Nurofen, Plavix, Cartia, Astrix, Eliquis, Pradaxa or Xarelto etc please **ensure you have consulted** with Dr Weltman prior to having your procedure.

If you take fish oil tablets, please stop ONE week prior to your Procedure.

**If you are insulin dependent, please ensure you have made both our office and the Day Hospital aware of this.**

## HEALTH FUND INFORMATION

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 **Hospital** on the **day of admission**.

If you are a current member of a private health fund and have the relevant level of cover, our account will be submitted directly to your health fund (unless your fund does not offer a No Gap Cover Scheme).

There will be no further payment required on Dr Weltman's account for this procedure.

Please note, **if you have not been a member of your health fund for long enough, you will be liable for the difference between the Medicare rate and our fee.**

There are **4** parties involved with your procedure. Dr Weltman, the Anaesthetist, the Pathologist and the Hospital. If you do not have a health fund, or you have an Excess, the Hospital's Facility Fee is payable on the day. If you require a quote from the Anaesthetist, please call their office on 9389 6600.

## SELF FUNDED PATIENTS

If you are not in a Health Fund, please call us to discuss both our and the DBDH fees.

## DOUBLE BAY DAY HOSPITAL eADMISSION FORMS

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 by clicking this link <https://www.preadmit.com.au/Patient/dbdh/>

Please ensure if you have not already supplied our office with a valid referral letter, that you do so immediately via fax (**9386 9560**) or emailed [reception@bondigastro.com.au](mailto:reception@bondigastro.com.au) as the **procedure will NOT be covered by MEDICARE or your HEALTH FUND without a valid referral** received prior to the procedure takes place.

## THE WHITE DIET

### PREPARATION FOR COLONOSCOPY:

The **White Diet** is a simple low residue (low fibre) diet to be eaten the day prior to starting the preparation for your colonoscopy. It has been found to assist in preparing and cleansing of the bowel without compromising the quality of the bowel preparation under normal circumstances. If lactose intolerant, lactose free products can be used.

### White Foods that are Permitted

- Milk, plain yoghurt, margarine, butter, vanilla ice-cream, white chocolate
- Plain cream cheese, cottage cheese, ricotta cheese, fetta cheese, sour cream
- Egg whites, mayonnaise, cream, white sauce
- White rice or pasta, potatoes (peeled)
- Rice Bubbles, regular white bread/toast, plain rice crackers
- Chicken breast (no skin), grilled white fish fillet

### White Foods that are NOT Permitted

- Pears, parsnip, cauliflower, onion
- High fibre white bread (e.g. Wonder White)
- Tofu, coconut, porridge, banana, mushrooms, semolina, couscous, popcorn

### An Example of a Permissible White Diet Menu Plan

<b>Breakfast</b>	Rice Bubbles with milk and white sugar Regular white toast and scrambled egg (whites only)
<b>Morning Tea</b>	Plain rice crackers with fetta cheese
<b>Lunch</b>	Sliced chicken breast, butter, regular white bread sandwich White chocolate Freddo or Lemonade icy-pole
<b>Afternoon Tea</b>	Plain vanilla yoghurt or vanilla milkshake
<b>Early Dinner</b>	Plain grilled white fish, white sauce Boiled white rice or pasta or peeled potato Vanilla ice-cream
<b>ON DAY PRIOR TO PROCEDURE - REMEMBER TO DRINK at least a GLASS OF APPROVED CLEAR FLUIDS* every hour</b>	

### \*APPROVED CLEAR FLUIDS

- Water, **clear** salty fluids (e.g. clear broth)
- Clear fruit juices (e.g. apple and pear), plain jelly
- Black tea or coffee (no milk)
- Sports drinks (Gatorade, PowerAde, Hydrolyte etc.)
- Carbonated beverages, barley sugar, clear fruit cordials

**NOTE:** Take the indicated laxative as per instructions specified in the Procedure Information Document.