



Centre for  
Digestive Diseases  
*The Centre of Excellence in Gastroenterology*

# Patient Information Booklet

Date of your Procedure: \_\_\_\_\_

## IMPORTANT!

You must organise a responsible adult to accompany you home after your procedure. **Your procedure may be cancelled if you don't.** You cannot drive or leave the hospital on your own.

We recommend that a responsible adult supervises you for the first 24 hours following your procedure.

## BOOKLET INFORMATION

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Before and After Procedure Instructions

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Travel and care recommendations

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Directions to the Centre

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# Before your Procedure

## 1. Complete the required forms:

Please visit the CDD Website [www.cdd.com.au](http://www.cdd.com.au) under the drop down box "Patient Questions" you will find the link to Patient Admission Forms and Information. Please complete the Patient Registration Form, Patient Medical History Form and the Additional Pathology Fees Form via one of the following options:

1. Complete the interactive PDF form and email (**no photos**) to [reception@cdd.com.au](mailto:reception@cdd.com.au). You will get a confirmation email when it's received **OR**
2. Print and complete hard copies of the forms and then;
  - Post or deliver them to Reception, Level 1, 229 Great North Rd, Five Dock, 2046 or
  - Scan and email them (no photos) to [reception@cdd.com.au](mailto:reception@cdd.com.au) - you will get a confirmation email when it's received.

Your forms must be returned 2 weeks prior to your scheduled procedure date.

## 2. Your Procedure Time and Confirmation of Expenses

Two days before your procedure date the Admissions Team will call to tell you your arrival time and give you an estimate of fees payable on the day. Please check with your Health Insurance Provider about your out of pocket expenses.

## 3. Information for Patients taking Medication

If you have diabetes or epilepsy, please ask your GP about preparation for your procedure.

If you are on blood thinning medications please ask your GP if it is safe for you to stop these medications for 7 days before your procedure date.

## 4. Procedure Preparation

We recommend Moviprep as the bowel preparation prior to a colonoscopy. Moviprep can be purchased from any chemist or from CDD. Please read the instruction sheet carefully which is available on our website [www.cdd.com.au](http://www.cdd.com.au) - click on the drop down box "Patient Questions" and select Patient Admission Forms and Information.

**Caution:** Bowel preparation causes diarrhoea, abdominal cramps, lethargy and weakness. Should you develop a headache, you can take paracetamol as per the packet instructions. Take all necessary precautions and contact your GP or CDD during office hours on (02) 9713 4011 if you develop symptoms that you are concerned about.

## 5. Payment for your Procedure

All accounts must be paid on the day of your procedure. We accept Mastercard, Visa card, EFTPOS or cash. Please bring your payment on the day of your procedure, with all documentation requested by our Reception Staff including your Medicare, Pension or Health Care Card (which must be presented on your procedure day to be eligible for claims)

## 6. Dietary Requirements

After your procedure you will be provided with something to eat and drink. Please advise us in advance if you need a special diet so we may cater to your needs.

## On the Day of your Procedure

You should plan to be at CDD approx. 3 - 5 hours (see FM-102 Patient Journey Form) however as CDD is a medical facility there may be unavoidable delays. If these occur, we will do our best to keep you updated.

- ✓ If you normally take medications in the morning and you are scheduled for a:
  - Morning Procedure (up to 12md) **do not** take your medicine, bring it with you to CDD, unless told otherwise by the prescribing doctor.
  - Afternoon procedure (after 12md) **take** your medicine with a sip of water at 6am, unless told otherwise by the prescribing doctor.
- ✗ **Do not drive for 12 hours following your sedation:** Please arrange for a responsible adult to collect you after your procedure. As a safety measure, you will NOT be permitted to leave the Centre unescorted, in a taxi unaccompanied or to drive a car for the rest of the day. Cancellation of your procedure may take place if no arrangements have been made.
- ✗ **Do not consume alcohol for 12 hours following your procedure**
- ✓ **Do arrange for someone to be with you:**
  - **When getting your results:** Although we will provide you with a hard copy of your reports, it is easy to forget all the information after waking from sedation.
  - **Overnight:** For safety reasons, after sedation, we recommend a friend or relative stays with you the night following your procedure.

## After your Procedure

The Centre for Digestive Diseases recommends that patients follow these instructions after any procedure that is performed under sedation:

- You may experience some bloating after your procedure as air may remain in your stomach or bowel. This should resolve after a few hours, but may last up to 24 hours. It may help to drink warm fluids, massage the stomach and pass wind.
- You may resume your normal diet immediately and return to work the following day unless otherwise instructed by your doctor.
- You may be given a prescription, or treatment information sheets to take home with you - please read and follow these instructions carefully.
- You will receive a copy of your procedure report, and a copy will be sent to your referring doctor. Please see your referring doctor as instructed when discharged from the Centre.

- The Centre observes a Non-Smoking Policy
- If you require an interpreter prior to or during your visit at the Centre you can ask for assistance on 131 450
- If you would like to give us feedback on any part of our service please email it to our Centre Manager at [reception@cdd.com.au](mailto:reception@cdd.com.au)

## WE ARE HERE

### ADDRESS

Level 1, 229 Great North Rd,  
Five Dock NSW 2046

Next Door to 7 Eleven

### Bus Services:

Please refer to:

<https://transportnsw.info/trip#/trip>

