

1. I am vegetarian can I have vegetables for the white diet?
 - No. Vegetables are not permitted on the white diet.
2. I am vegan what can I have
 - Vegan options on the white diet are very limited. Please contact our rooms for guidance.
3. Are there other white foods that are not on the permitted white diet above that I may not eat?
 - No. Only foods specifically listed on the permitted white diet should be consumed.
4. What do I bring with me on the day of my procedure?
 - Bring a book or something to read. Wear comfortable clothing and footwear. Please do not bring valuables, cash, or jewellery.
5. Will I see the doctor the day of my procedures
 - Yes. You will speak with the doctor performing your procedure.
6. I feel nauseous drinking the bowel prep, what should I do?
 - When drinking the bowel preparation, slow down, take small sips, and take short breaks if needed. If nausea persists or you vomit, contact our rooms.
 - A vital part of this preparation is the fluid that you drink. Not only does this prevent dehydration, it forms an important part of the bowel cleansing process. If you do not maintain adequate fluid intake, serious dehydration and/or electrolyte disturbances may occur in some at risk patients. If you are having any difficulty with the bowel preparation or if you have any questions regarding your colonoscopy, please phone the office on 8814 1778 or present early to the hospital.
7. I could not finish drinking the full bowel prep or I vomited, what should I do?
 - Proceed directly to the hospital as scheduled. The hospital staff will assess you and provide additional bowel preparation if required.
8. I have drunk all the bowel prep but haven't opened my bowels yet. What should I do?
 - Continue to wait, walk around, and remain fasted. Bowel prep may take longer in some patients. If you have not opened your bowels on the day of your procedure, contact our rooms on 8814 1778. If the rooms are closed, contact the hospital.
9. What if I am currently breastfeeding, can I take the bowel preparation?
 - Yes, the bowel prep is safe to take while breastfeeding. Please discuss this with the anaesthetist on the day of your procedure.
10. How long does the procedure take?
 - Gastroscopy: about 10 minutes
 - Colonoscopy: about 20 minutes
11. Do I take my routine medications prior to and the day of the procedure?
 - Please check with your doctor or our booking team. Inform us if you have diabetes or take weight loss medication, blood thinners, Parkinson's, or epilepsy medications.
12. Can I drive myself to and from the procedure?
 - No. Due to sedation, you must not drive or operate machinery for 24 hours. Please arrange for someone to drive you home and provide their contact details to the Day Unit staff.
17. What/when can I eat after my procedure?
 - You will be offered a drink and light food during recovery. Unless advised otherwise, you may resume your normal diet after discharge.

17. Where can I purchase the bowel preparation for a colonoscopy?

- Bowel preparation is available over the counter at your local pharmacy.

18. When will my bowel return to normal after the procedure?

- Normal bowel habits usually return once you resume your regular diet. After a colonoscopy, this may take a few days as the bowel has been fully emptied.

19. Medical costs/Hospital costs/ pathology costs

- We are no-gap billers, meaning our fees are billed directly to your health fund if you are covered for the procedure. The same applies to the anaesthetist. Your health fund can advise if any excess or out-of-pocket costs apply under your policy. If you do not have private health insurance, there are three separate costs involved: medical fees, hospital fees, and pathology fees. Please contact our rooms to discuss these costs and obtain informed financial consent.

20. Follow up appointments

- Your doctor will see you after the procedure and advise on any follow-up needed. If further consultation or procedures are required, our rooms will contact you within two weeks to arrange an appointment.

21. Pathology results

- Specimens taken during procedures are sent to pathology and processing can take 4-10 working days.

22. Are booking times ever altered?

- Yes. While we aim to keep your scheduled time, emergencies and procedure requirements may cause delays or changes to the order.

23. How long am I in hospital?

- Your procedure is a day case. You should expect to be in hospital for most of the day.

24. What time can I go home after my procedure?

- Once your procedure and recovery are complete and the doctor has cleared you for discharge, Day Unit staff will contact your arranged transport.

25. I am menstruating over the time of my colonoscopy, should I reschedule?

- No. You may proceed with your colonoscopy if you are comfortable. We recommend using a tampon on the day.

26. Can I go back to work the day after?

- The IV sedation is considered out of your system after 24 hours, so you can: drive, work, do normal activities. Keep in mind that for 24 hours; you can't drive, it is not recommended to make big decisions or operate machinery. You might feel tired, groggy, foggy, bloated, or just flat, otherwise you should be fine to return to normal.

27. I need a medical certificate/carer's certificate for the procedure

- Please ask the doctor/nursing staff on the day of the procedure to provide you with a medical/carer's certificate

28. Do I need to remove my nail polish for the procedure?

- We recommend contacting the hospital for confirmation, as requirements may vary depending on the procedure and the hospital you are going to.

29. Can I drink alcohol before my procedure if it is clear?

- It is best to avoid alcohol for 24 hours prior to your procedure.