



# ENDOSCOPY AUCKLAND

Your appointment is:

Date: .....

Day: .....

Arrival time: .....

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AUCKLAND 1023  
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## INSTRUCTIONS FOR FLEXIBLE SIGMOIDOSCOPY

### (Short colonoscopy)

A flexible sigmoidoscopy is a visual examination of the lower part of the bowel using a narrow flexible telescope. It is an important examination used for the diagnosis and treatment of bowel conditions. If you suffer from any medical condition that may require specialised information or treatment during preparation/procedure, please contact Endoscopy Auckland for advice.

### DAY OF EXAMINATION

- **NOTHING TO EAT OR DRINK – No regular medication, liquid, food for 2 hours prior to your admission time.**
- After being admitted you will be given Fleet enemas to clear the lower part of your bowel.
- The number of Fleet enemas required will be determined on the day of the examination.
- The administration of the enemas is the reason that you have been asked to arrive significantly earlier than your procedure time.

### MEDICATIONS:

If you are taking Iron tablets please discontinue them one (1) week prior to the test.

If you are taking Warfarin, Clopidogrel (Plavix) or Dabigatran (Pradaxa) regularly, please advise Endoscopy Auckland beforehand.

If you are a diabetic it is important to notify Endoscopy Auckland, as there are special instructions for preparation.

You may take all other medications as normal on the day of the examination

### THINGS TO DO PRIOR TO YOUR APPOINTMENT

**Medical Insurance (apart from Southern Cross):** Please make your own approval and payment arrangements with your insurer prior to your procedure.

**Southern Cross Insurance:** Endoscopy Auckland will apply for prior approval on your behalf on receipt of your membership number.

**Any shortfall is payable at the completion of the procedure.**

Organise a family member or friend (or a taxi) to drop you at Endoscopy Auckland and collect you approximately 2½ hours after your appointment time.

**If a sedative is used it is very important you DO NOT drive or operate machinery or dangerous appliances, on the day of the procedure.**

### THINGS TO BRING WITH YOU TO YOUR APPOINTMENT

Any x-rays and/or barium studies relevant to your examination (if available).

Your medications or a list of them.

Your medical insurance prior approval number or letter (if relevant).

### ACCOUNTS ARE PAYABLE AT THE COMPLETION OF THE PROCEDURE (including insurance excess)

The approximate cost is between \$1000-\$1500. If for some reason you also require antibiotics (you will be told at the time) there is an extra cost of between \$5.00-\$55.00. If a procedure requires very complicated intervention, e.g. Endoscopic Mucosal Resection (EMR) or APC (Argon Plasma Coagulation), the estimate we have given you can be too conservative. This is often difficult to anticipate. Charges may vary up to an additional \$1500-\$2000.

If you require any further assistance or information please don't hesitate to contact the Endoscopy Auckland Administration Team.

### **ENDOSCOPISTS**

John Dunn (Director)

Rafiq Ali

Philip Allen

Rachael Bergman

Alan Fraser

David Morris

Ravinder Ogra

Stephen Persson

Toby Rose

David Rowbotham

Graeme Washer

Philip Wong