



## Welcome to the **Chris O'Brien Lifehouse Rapid Access Endoscopy (RAE) service**

The Rapid Access Endoscopy service aims to provide screening for and exclusion of gastrointestinal tract cancers and pre-cancerous problems within two weeks of referral from your GP.

You will be receiving this pack from Lifehouse as you have qualified for our rapid access endoscopy service and have been given an appointment for your procedure in the next two weeks.

Please find enclosed all the information you require for your upcoming procedure at the Chris O'Brien Lifehouse including:

- Consent for Gastroscopy and/or Colonoscopy forms
- Consent to Exchange Patient Health Information form
- Preparation Instructions for those having a Colonoscopy procedure
- Discharge Information following Endoscopic Procedures
- Privacy Brochure for Patients
- Your Rights and Responsibilities brochure
- A map of the facility including handy information on parking and public transport

Make sure you read through all the information provided, complete the necessary details and contact a member of the Rapid Access Endoscopy Service if you have any questions at all. Our contact phone number is 8514 1000.

You will be contacted by a member of the administration team to discuss your financial status.

### **Your Procedure:**

Please take the following useful steps to ensure your procedure with us at the Chris O'Brien Lifehouse is as smooth as possible.

- A good way to remember your upcoming appointment is to set a reminder in your phone/email for two days before your procedure. This will provide enough time to start bowel preparation (if required) and ensure you have made the appropriate arrangements with work, carers, and someone to escort you home after the procedure (a mandatory requirement).
- Please obtain an up to date record of your current medications from your GP or local pharmacist and bring this with you on the day of your procedure.
- Please follow the instructions provided to you from the Rapid Access Endoscopy team regarding taking medications on the day of your procedure.
- Please inform a member of the Rapid Access Endoscopy team if there are any significant changes to your health since you last spoke to a team member and up to 24 hours before the procedure.

- We have limited storage in the day surgery unit, so please limit the amount of personal belongings and valuables you bring with you on the day to avoid unnecessary loss or damage to items.
- Make sure to wear loose comfortable clothing on the day of your procedure and remove any nail polish, jewellery and heavy make-up.
- We are a non-smoking facility. If you are a smoker, please avoid smoking at least 24 hours before the procedure. Please consult your GP if you have concerns and require nicotine replacement therapy for your procedure.

All patients are seen in booking order. Whilst every effort is made to see you as close to your booked time as possible, due to unexpected delays such as emergencies and complicated cases you may have to wait. We apologise in advance if you are unnecessarily inconvenienced by this.

### **On the business day before your procedure:**

Between 2-4pm you will need to ring the Surgical Admissions Unit on 8514 1000 to find out the exact arrival time for your surgery.

### **What to bring on the day of your procedure:**

- Medicare card
- Private Health fund details
- Current contact details for the person who will be picking you up after your procedure
- All the paperwork provided in this package including your signed Consent to Exchange Information
- Method of payment of any outstanding finances on the day
- Light reading material in case there are delays
- A copy of your current medications
- Glasses, contacts, hearing aids and any other aids you may use on a daily basis

### **On the day of your procedure:**

Please present to the Surgical Admissions Unit on Level 4 of the Chris O`Brien Lifehouse and check in with the administration staff there. We ask that if you would like to bring a relative with you, that you limit that to 1 person, to respect the privacy of others in the unit.

A member of the nursing team will meet with you and take a relevant medical history as well as the contact details of the person escorting you home. Your relative may remain with you during this part of the admission.

You will then be taken by the nursing staff to the operating suite on Level 3. At this point we ask that waiting relatives do so in the many different lounges located throughout the facility, to respect the privacy of others in the unit. Here you will change into a theatre gown, your blood pressure and heart rate measured, and any other tests that may be required are performed.

Next you will be seen by your Doctor and members of the anaesthetic team in preparation for your procedure. You will provide your consent for the procedure at this time.

During this whole process of admission, you may find that you are asked a lot of the same questions, including your name and date of birth. This is for identification purposes and to ensure we are obtaining a thorough and complete history.

When it is time for your procedure, you will be taken through to the anaesthetic bay where the anaesthetic team will greet you, insert an intravenous drip and connect you to monitoring equipment.

Shortly after this you will be taken inside the operating room for your procedure. At the completion of your procedure, you will be transferred to the Post Anaesthetic Recovery Unit where you will stay until you are awake, comfortable and your vital signs are stable. One of the recovery nursing staff will contact the person who is escorting you home so that they can make their way into the hospital to collect you from the Day Surgery Unit on Level 3.

Once the nursing staff is satisfied that you are stable, they will provide you with something to eat and drink (if ordered by the medical team) and ensure that you have all the necessary discharge information.

At any point during your admission or discharge process, please feel free to discuss any concerns you may have, with our team.

### **Parking:**

Parking is available in the Lifehouse car park which can be accessed from the Susan St entrance (see enclosed map for further details). Parking is charged at a reduced rate for Lifehouse patients upon validation of tickets at \$5/hr – maximum of \$25/day.

### **Contact details:**

Rapid Access Endoscopy Service (Surgical Admissions Unit)

- **Phone:** 02 8514 1000
- **Fax:** 02 9383 1090
- **Email:** [daysurgery@lh.org.au](mailto:daysurgery@lh.org.au)
- **Website:** [www.mylifehouse.org.au](http://www.mylifehouse.org.au)
- **Mailing Address:** PO Box M33, Missenden Road, NSW 2050

Chris O'Brien Lifehouse switchboard – 8514 0000