

## Specialising in Advanced Keyhole Surgery

Hernia

Gall Bladder

Weight Loss

Reflux / Hiatus Hernia

Excessive Sweating

Facial Blushing

Carpal Tunnel

Bowel

**If you require further information on any of these services,  
please contact us on (03) 9760 2777**



2 Langwith Avenue, Boronia, Victoria 3155  
Telephone (03) 9760 2777 Facsimile (03) 9761 0207  
[www.lapsurgeryaustralia.com.au](http://www.lapsurgeryaustralia.com.au)

### DISCHARGE INSTRUCTIONS

## Gastroscopy / Colonoscopy / Injection of Haemorrhoids

- MR RAY McHENRY
- MR CHRIS HENSMAN

- MR RICHARD GILHOME

Your next appointment has been made at:

- LANGWITH CONSULTING SUITES**  
2 Langwith Avenue,  
Boronia
- THE VALLEY PRIVATE HOSPITAL**  
Churchill Consulting Suites  
Cnr Police & Gladstone Road, Mulgrave
- ROSEBUD SURGICENTRE**  
1537 Point Nepean Road  
Rosebud West
- THE BAYS PRIVATE HOSPITAL**  
Vale Street,  
Morningson
- ST JOHN OF GOD HOSPITAL**  
Consulting Suites  
Suite 4, 8 Gibb Street, Berwick

Day \_\_\_\_\_

Date \_\_\_\_\_

Time \_\_\_\_\_

## **DISCHARGE INSTRUCTIONS: following Gastroscopy/Colonoscopy / Injection of Haemorrhoids**

### **Please note:**

#### **Until the Day following your Procedure you must not:**

- Drive a car or take public transport unaccompanied.
- Operate machinery
- Consume alcohol
- Sign any legal documents or make any responsible decisions.

### **Activity:**

- You are advised to have some one with you for the next 4 hours, at least.
- You are encouraged to rest for the remainder of the day.

### **Diet:**

- Unless otherwise instructed you may resume normal diet when you feel inclined to do so.
- If you have also had injection of Haemorrhoids, ensure a high fibre diet is taken when you feel up to it. A fibre supplement may be added if necessary. Eg. Metamucil, Benefibre, Fybogel.
- Ensure adequate fluid intake over the next 24 hours to facilitate re- hydration.

### **Analgesia:**

- Following Haemorrhoid injection you may experience some discomfort. A Paracetamol based medication should be sufficient to provide relief. An anti-inflammatory medication such as Ibuprofen may also be considered in addition, if you are able to take this.

### **On-going care:**

- An appointment will be made for you prior to discharge if one is required.
- Following a Colonoscopy/Haemorrhoid injection some slight spotting of blood from the rectum may occur in the first 24 hrs. This is not abnormal and is not cause for alarm. However, if significant bright bleeding or severe pain does occur you should contact you Dr. immediately via our rooms **Ph. 9760 2777.**

### **Out of Hours: Ph: 9760 2777**

- A recorded message will give you details of how to contact the Surgeon on call, who will assist you with your concerns.
- If you are unable to contact the Surgeon on call, go to the Emergency Dept of either Knox Private Hospital or the Valley Private Hospital. There will be an out-of-pocket cost for this visit.

### **Additional information:**

---

---