

# Day Procedure Unit

## General information for endoscopy patients

1st Floor, Inpatient Services Building (main hospital)  
St Vincent's  
Princes Street  
Fitzroy VIC 3065  
Tel: (03) 9288 4424

### *What is the Day Procedure Unit?*

The Day Procedure Unit looks after patients who are having procedures that require an **anaesthetic or sedation**. In most cases, patients do not have to stay in hospital overnight. Generally you will have to arrive several hours before your procedure and will have to fast. You will be given some anaesthetic medications during your procedure which may make you drowsy afterwards. You will therefore need to organise for someone to collect you after your procedure.

### *What is endoscopy?*

An endoscopy is a procedure where the inside of your body is examined using an endoscope. An endoscope is a thin, long, flexible tube containing a light and a video camera which allows your doctor to view and take images inside your body.

### *What if I can't attend my appointment?*

If you cannot make the scheduled appointment please call Day Procedures on (03) 9288 4424 as soon as possible so that your appointment can be rescheduled. We would appreciate this call **at least one week** before your procedure so that we can book someone else in your place.

### *What do I have to bring?*

Unless you have been told you need to stay in hospital overnight you will **not** need to bring an overnight bag. Please bring:

- Your Medicare Card
- Any of the following if you have them: Seniors Card, Health Care Card, Department of Veteran Affairs (DVA) card or private health insurance card
- Phone numbers of your next of kin, an emergency contact and the person collecting you after your procedure
- Your medications and current details of your GP.

### *What will happen to me on the day of my procedure?*

On the day of your procedure, you will arrive at Day Procedures reception and be admitted by one of the clerical team. You may then be asked to wait a short time before being called through to see the nurse. The nurse will ask you some questions before asking you to change into a hospital gown. You will then be shown to the pre-admissions waiting room to sit and wait for your procedure. The nurse will get you up onto a trolley before you have your procedure and a small needle will be inserted into a vein in your arm. You will be given an anaesthetic or sedation in the procedure room to make you more comfortable during the procedure. Prior to the procedure you will be asked to remove any dentures or eye glasses.

### ***If I come early will I be seen earlier?***

No. Your appointment time is the time that we would like you to arrive so that you can be admitted and be seen by the nurse, doctor and sometimes the anaesthetist before your procedure. The procedure lists start at 9.00am (morning list) and 1.30pm (afternoon list) so your procedure will be no earlier than this.

### ***How long will I be in Day Procedures?***

Because endoscopy procedures vary in length it is hard to predict exactly how long you will be in the Day Procedure Unit, but in most circumstances you should be prepared to be here for a **minimum of 3-4 hours**. Please note that emergency procedures may take priority over day patients which could impact on your waiting time.

### ***How long is my recovery?***

This varies for different endoscopy procedures. Minimum recovery time is approximately **1 hour**. Some procedures may require a 2-4 hour recovery time.

### ***Can I drive home?***

You **must not** drive after having an anaesthetic or sedation. You will need to have organised for a responsible adult to collect you and stay with you for the first day and night after your procedure. You will be asked to bring a contact number for that person. The nurses in recovery will then call that person 1 hour before your discharge time. If you arrive at the Day Procedure Unit without having organised for someone to pick you up your procedure will be cancelled. If you cannot organise someone please call the Day Procedure Unit on (03) 9288 4424.

### ***Can my relatives or friends come with me?***

You will need to have a friend or relative collect you after your procedure. Your friend or relative can come with you to the Day Procedure Unit and stay with you until you are ready to go in for your procedure, however they will not be able to stay with you in the recovery room. They will be contacted approximately 1 hour before you are ready to leave.

### ***What if I or my friend/relative must take time off work?***

As you will not be able to drive you may not be able to work that day. Please ask the staff for a medical certificate for you or a certificate of attendance for your friend/relative **before** your procedure.

### ***What if I need an interpreter?***

The Day Procedure Unit has access to interpreters for Greek, Italian, Spanish, Mandarin, Cantonese, Hakka, Vietnamese and Arabic (Monday, Wednesday and Thursday only) and can organise these on the day of your appointment. Please contact the Day Procedure Unit on (03) 9288 4424 to arrange an interpreter for all other languages.

**Please read all enclosed instructions that are specific to your procedure.**