



Open access endoscopy patient information guide

This guide contains important information about open access endoscopy, including eligibility requirements, preparation instructions, and what to expect before your appointment at Moonee Valley Specialist Centre in Essendon.



Moonee Valley
SPECIALIST CENTRE

Gastroenterological and Related Care



What is open access endoscopy?

Open access endoscopy allows eligible patients to undergo procedures such as colonoscopy or gastroscopy without an initial specialist consultation. However, a nurse or doctor's appointment is required before the procedure to ensure the booking is accurate and that it is safe for you to proceed.

Your referral and medical history will also be reviewed by our specialist team to confirm whether open access endoscopy is suitable for you.

Quick facts

Procedures	Colonoscopy and gastroscopy
Duration	Approximately 20–60 minutes, depending on the procedure
Anaesthesia	Sedation is always required
Fasting and preparation	Required depending on the procedure
Recovery	Recovery monitoring required after sedation
Results	Preliminary findings may be discussed on the day
Eligibility	Subject to specialist review and approval

Important things to remember

- Your referral and medical history will be reviewed before booking your procedure.
- Additional specialist consultation may still be required depending on your symptoms or medical history.
- Follow all fasting and bowel preparation instructions carefully before your procedure.
- Arrange for a responsible adult to drive you home after sedation.
- Inform our team about all medications, allergies, and medical conditions before your appointment.

Preparation steps

• Before your procedure

Before your endoscopy, you will have an appointment with a nurse or doctor to review your referral, symptoms, medications and medical history. This is required to ensure the safety and accuracy of your booking.

You may be referred for an additional specialist consultation if further assessment is required before your procedure.

Preparation requirements depend on the type of procedure being performed.

- Colonoscopy requires bowel preparation, fasting, and dietary modifications
- Gastroscopy requires fasting before the procedure

Detailed preparation instructions will be provided before your appointment.

• Day of procedure

Wear comfortable clothing and bring your Medicare card, referral, medications, healthcare documents, and payment method. Arrange for someone to drive you home.

What to expect

Eligible patients may proceed directly to gastroscopy or colonoscopy after referral review and approval by our specialist team.

On the day of your procedure, our staff will confirm your medical history, medications, allergies, and preparation instructions before treatment begins.

Your specialist will discuss the procedure, possible risks, and any questions you may have before sedation is administered.

During the procedure

- Procedures are performed under sedation in a monitored clinical setting.
- Your specialist will perform the endoscopy or colonoscopy using specialised equipment to examine the digestive tract and investigate symptoms or abnormalities.
- Biopsies or polyp removal may also be performed if clinically required.

After the procedure

- Following recovery, preliminary findings may be discussed before discharge, though biopsy or pathology results may take several days to return.
- You must not drive, drink alcohol, operate machinery, work, or make important decisions until the following day due to the effects of sedation.
- A report will also be sent to your referring doctor.

Risks and safety of open access endoscopy

Open-access endoscopy is suitable only for selected patients who meet eligibility and safety requirements. Some patients may require a specialist consultation before any procedure can be safely performed.

Open access endoscopy may not be appropriate for patients with:

- Age greater than 75 years
- BMI greater than 40
- Major heart, lung, or kidney disease
- Type 1 diabetes
- Type 2 diabetes requiring insulin
- Use of warfarin, clopidogrel (Plavix/Iscover), or certain blood thinners
- Previous reactions to anaesthesia or sedation
- Complex medical conditions requiring specialist assessment

Your referral and medical history will be carefully reviewed before proceeding to ensure the safest and most appropriate care pathway.

Providing a complete and accurate medical history is essential before open access endoscopy.



Need to reschedule or have questions?

 **Phone:** 1300 938 148

 **Email:** reception@mvscentre.com.au

 **Address:** 1003 Mt Alexander Road,
Essendon VIC 3040



Scan to manage
your booking

