



# Gastroscopy Preparation Instructions



Procedure date / time: .....

The time will be confirmed with you the day before your procedure

Attend the Hospital Admissions area: Gold Coast Private Hospital, Ground Floor, Day Surgery Centre

**For a successful, thorough and safe examination, it is very important that you follow the preparation instructions carefully.**

## Medications

You may be required to stop certain medications prior to the gastroscopy.

If you are on “**blood thinners**” such as Clopidogrel (Plavix, Iscover), Ticagrelor (Brilinta), Rivaroxaban (Xarelto), Apixaban (Eliquis), Dabigatran (Pradaxa), Warfarin, you may need to stop these 2-7 days prior to your procedure. **Aspirin may be continued.** Please seek advice prior to stopping these medications.

If you are **diabetic**, please ask for a Diabetes Management Leaflet.

If you are on a **GLP-1 agonist** (Ozempic, Wegovy, Mounjaro, Victoza, Saxenda, Trulicity) alternate fasting instructions are required. Please ask our staff for these.

Otherwise, continue all other tablets as usual, even on the day of the test.

## Morning Procedure

No solids or dairy (i.e. milk) from midnight the night before. You may have clear fluids only (i.e. water, apple juice, Gatorade) up until 2 hours before the endoscopy admission time.

## Afternoon Procedure

You may have an early breakfast, before 7am, on the morning of the procedure. Then clear fluids only (i.e. water, apple juice, Gatorade) up until 2 hours before the endoscopy admission time.

**Please ensure you make arrangements for someone to drive you home after the procedure. It is not safe to drive until the following day after having sedation or an anaesthetic.**

**Please ensure you have read the Gastroscopy Information and Consent Form and bring this completed to your procedure- If you have any concerns or questions about the preparation or procedure, please contact our office on 5574 6133.**