

Gastroscopy Instructions

If you take **BLOOD THINNING MEDICATIONS** (including Warfarin, Rivaroxaban, Dabigatran, Clopidogrel, Prasugrel, Ticagrelor, Apixaban) **OR DIABETES MEDICATIONS/INSULIN**, please contact Dr Dwyer (drjeremydwyer@gmail.com, Ph 0435 402 789) for further instructions

FOR MORNING GASTROSCOPY

- You must have **NOTHING** to eat or drink apart from clear fluids for 6 hours before your procedure (i.e. no food/drink apart from clear fluids from approx. midnight)
- You may have water or **CLEAR** liquids only up to 2 hours before your procedure (i.e. no water or clear fluids after 6 am) then you must be nil by mouth.

FOR AFTERNOON GASTROSCOPY

- You must have **NOTHING** to eat or drink apart from clear fluids for 6 hours before your procedure (i.e. no food/drink apart from clear fluids after 7 am breakfast)
- You may have water or **CLEAR** liquids only up to 2 hours before your procedure (i.e. no water or clear fluids after 11 am) then you must be nil by mouth.

Clear fluids include:

* Water or clear broth * Clear fruit juice (e.g. apple juice) or lemon/orange cordials * Coffee or tea **without milk** * Gatorade or other sports drinks, soft drinks * Plain jelly

*Nil by mouth means **nothing to eat or drink**: no water, food, chewing gum, lollies, ice etc*

- *You may have your usual medications with a sip of water unless instructed to withhold them*

GENERAL INSTRUCTIONS

- Where applicable, please bring your doctor's referral letter/Private Health Fund details/ Medicare card/Pension card/Veteran's Affairs card/ Ambulance Victoria and medication list on the day of your procedure.
- You will be admitted for approximately 3 hours.
- You will need someone to take you home following the procedure.
- You **CANNOT** catch a taxi or public transport home alone and you will need a responsible adult to stay with you overnight after the procedure. Your procedure may be cancelled if this has not been arranged.
- Do **NOT** drive, return to work, operate machinery, sign legal documents, drink alcohol or care for young children without other adult help for 24 hours after your procedure.
- Continue to take your usual medications (**EXCEPT** diabetic medicines) on the day of your procedure with a sip of water.
- You will be given intravenous sedation to ensure you are comfortable during the procedure.
- All procedures involve some potential risks. You will be able to discuss any concerns with the Gastroenterologist prior to your procedure.