



Gastroscopy: Preparation Instructions

What is a gastroscopy?

A gastroscopy is a procedure that allows a doctor to see inside your upper digestive tract for any abnormalities. The endoscope is a long flexible tube with a light and a camera on the end. For your procedure, you will be given medication that will relax you and may make you sleepy. Samples of tissue may be taken during your procedure.

What do I need to know about my appointment?

****It is very important to follow the directions below or your appointment may be cancelled****

- Bring your health card, a mask and a list of your current medications to the hospital with you.
- You must have a friend or family member drive you to and from the hospital the day of your colonoscopy
- You will be asked to give the name and telephone number of the person driving you home from the endoscopy clinic. This is for your safety.
- Do not drive, operate hazardous machinery or drink alcohol for 24 hours after your procedure as you will be receiving medications that can make you sleepy.
- DO NOT WEAR PURFUME, COLOGNE OR SCENTED CREAMS as some staff and patients are highly allergic
- Leave all of your valuables (jewelry, money, etc.) at home
- Wear comfortable clothing and shoes to your appointment
- Bring a list of all the medication you are currently taking, both prescription and over the counter
- Arrive 60 minutes prior to your appointment
- You will be at the hospital for 2-2.5 hours from the time you arrive. After your procedure you will go to a recovery area where you will be monitored to ensure the sedation wears off safely.

How do I get ready for my gastroscopy?

It is important to tell your doctor about any blood thinners or diabetic medications you are taking as your doctor may have you stop or change the dose of these prior to your gastroscopy.

Follow the below directions carefully, do not follow any other set of instructions.

The day before your gastroscopy

- At 5pm you may have a light supper of tea and toast OR a liquid meal replacement. After this meal DO NOT eat solid food or drink milk/milk substitutes until after your gastroscopy. If you do there is a chance your procedure will be cancelled.
- After supper you may consume clear fluids. Clear fluids include water, clear broth, black tea, black coffee, apple juice, cranberry juice, jello, popsicles, ginger ale, lemon/lime pop, Kool-Aid, Powerade and Gatorade

The day of your gastroscopy

- Do not eat anything the day of your gastroscopy.
- You may consume clear fluids (see above) up until 4 hours before your scheduled appointment time.
- 4 hours prior to your scheduled gastroscopy you must stop drinking fluids.