

GASTROSCOPY

How do I prepare for my Gastroscopy?

Your specialist has arranged for you to have a gastroscopy. Please read this pamphlet carefully as it contains important information about your test.

Five days before your test

Please stop taking any iron tablets/supplements

Please contact your specialist at least five days before the procedure if you are:

- Taking blood thinners/anticoagulants i.e. Warfarin, Clopidogrel (Plavix), Dabigatran (Pradaxa), Enoxaparin (Clexane), Ticagrelor (Brilinta)
- Taking lithium medication
- Diabetic
- Pregnant
- Suffering from a heart, lung or bleeding condition including having a pacemaker, heart valve disease or replacement
- Suffering from kidney disease.

Please continue all other medication as usual including Aspirin, unless you are told not to by your specialist.

On the day of your test

Your stomach **MUST** be empty. **DO NOT EAT** anything for six hours before your appointment time. You may drink clear fluids (drinks that you can see through like water) until two hours before your appointment time. You must not drink milk during this time.

After having the procedure

If you have had sedation, you **must** be taken home by a responsible friend or family member and be cared for that day and night, or have someone on hand in case of any problems.

For at least 12 hours after the procedure you must not:

- Drive a car or motorcycle (this is against the law)
- Operate machinery
- Make any important decisions or sign any legal contracts (the medicine used may temporarily reduce your understanding/impair judgment)
- Drink any alcohol or take sleeping tablets

What complications could there be?

There are some risks and complications related to having a gastroscopy. Your specialist will explain these before you have the test.

This pamphlet is a general guideline and does not replace the information provided by your specialist.

For more information on what to expect after your gastroscopy, please download the pamphlet from our website. *Link information to be supplied.*

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