



Gastroscopy Preparation Instructions

Mount Edgecombe Scope Suite

Before your procedure

A gastroscopy is a camera examination of the upper digestive tract. To make the procedure safe and accurate, your stomach must be empty.

Please follow the instructions below carefully unless your doctor or the unit gives you different personalised advice.

Fasting instructions

- Do not eat any solid food for **6 hours** before your procedure.
- You may drink **clear fluids** (water, black tea, black coffee, apple juice, clear cooldrink) until **2 hours** before your procedure.
- Do not drink milk, smoothies, or anything cloudy within the fasting period.
- Do not chew gum or suck sweets during the last 2 hours before the procedure.

Medication

- Take your usual medication with a small sip of water unless you have been told otherwise.
- If you use blood thinners, diabetes medication, or insulin, please inform the unit in advance for specific instructions.
- Bring a list of your medication and allergies with you.

On the day

- Arrive at the Scope Suite at your scheduled time.
- Wear comfortable clothing and avoid bringing valuables.
- If you are receiving sedation, you must have a responsible adult to drive you home and stay with you afterwards.

After the procedure

- You may have a mild sore throat, bloating, or drowsiness afterwards.
- If you had sedation, do not drive, operate machinery, sign important documents, or drink alcohol for 24 hours.
- Your doctor will discuss the findings and further plan with you.

Please contact the unit before the procedure if you are unwell, pregnant, have severe medical conditions, or are unsure about fasting or medication instructions.