

PLEASE READ AND FOLLOW THESE INSTRUCTIONS CAREFULLY

**HOW TO PREPARE FOR YOUR GASTROSCOPY**

**EATING AND DRINKING**

It is necessary for the endoscopist to have clear views and for this the stomach must be empty. There are serious risks of having food/fluid in your stomach and these risks include vomiting, choking and pneumonia.

- **PLEASE DO NOT HAVE ANYTHING TO EAT FOR AT LEAST 6 HOURS BEFORE THE TEST.**
- **PLEASE DO NOT HAVE ANYTHING TO DRINK FOR 4 HOURS BEFORE THE TEST.**

**DIABETES**

- If you have diabetes, which is controlled by either insulin or tablets, please contact your G.P or Nurse specialist for diabetes for advice on adjusting your treatment.

**ANTI-COAGULATION – Warfarin**

- If you are taking Warfarin you should be contacted by the anti-coagulation clinic, they will make arrangements to either stop or adjust your treatment. If you do not hear from the anti-coagulation clinic, within 10 days of your appointment please contact your GP, who can refer you for advice.
- If you take Warfarin you will need to have a blood test on the day of your appointment, please arrange to have this taken at the hospital at least one hour before your appointment time.

**LATEX**

- If you have an allergy to latex please contact the unit before your appointment.

**MEDICATION**

- You may take your regular medication on the day of your procedure with a sip of water, please bring a list of your medication with you.

**Information for patients who are taking a PPI e.g. Omeprazole (Losec),  
Lansoprazole (Zoton), Esomeprazole (Nexium), Pantoprazole (Protium),  
Rabeprazole (Pariet)**

If you are taking any of the drugs listed above, please follow the instructions below:

- If you have not had a gastroscopy previously (within the last 3 years) please stop taking any of the above medication 2 weeks before your gastroscopy.
- If you have previously had a gastroscopy (within the last 3 years) and been advised to take any of the drugs listed above please do not stop taking this medication before your gastroscopy procedure, unless your doctor specifically asks you to.