

Gastroscopy Preparation

Proper patient preparation is very important to ensure that the procedure is both safe and successful. Please read and carefully follow the instructions below.

What to bring:

- Referral letter from your Doctor
- Medicare Card (*Please inform staff when booking if you have no Medicare card, Interim Card or Reciprocal Card*)
- Private Insurance Card (if applicable)
- Pensioner/Health Care Card (if applicable)
- Repatriation (DVA) Card (if applicable)
- Account Payment (*St Albans Endoscopy Centre accepts Cash, EFTPOS, MasterCard or Visa to facilitate easy payment of accounts on the day*)
- Medications that you are currently taking (including natural medicines)
- Reading Glasses (if applicable) and glasses case

Clothing:

- Wear light/loose casual clothing
- Do not bring valuables with you
- Do not wear makeup or jewellery
- Remove any nail polish

Preparation:

DO NOT EAT ANYTHING FOR SIX HOURS PRIOR TO THE PROCEDURE

DO NOT DRINK ANYTHING (INCLUDING MILK) FOR FOUR HOURS PRIOR TO THE PROCEDURE

Please note:

- If you have significant heart, lung or kidney problems, you should seek advice prior to the gastroscopy.
- You can usually take all of your regular medications with a sip of water.
- If you take Warfarin(Coumadin/Marevan), Apixaban(Eliquis), Clopidogrel(Plavix/Iscover), Dabigatran(Pradaxa), Rivaroxaban(Xarelto), Ticagrelor(Brilinta), or Insulin please seek advice at least 10 days prior to the gastroscopy.
- Oral diabetes medications should be withheld on the morning of the procedure.

After the Procedure:

Due to the sedative injection that will be administered as part of the procedure:

- You will need to arrange for a friend or relative to collect you and take you home following the procedure (a nurse will call your friend/relative when you are ready to be taken home)
- You will need to arrange to be in the care of a responsible adult overnight
- You will not be allowed to drive or operate machinery until the following day (ideally 24 hours)
- It is recommended that you do not sign any legal documents until the following day