

# GASTROSCOPY

## MORNING PROCEDURE

Please read these instructions carefully at least one week prior to the procedure.

While most medications can be taken up to and on the day of the procedure, blood thinners (including clopidogrel, warfarin, Xarelto, apixaban, Brilinta) and diabetic medications including insulin may need to be adjusted or stopped in the days before the gastroscopy.

These medications need to be discussed with your gastroenterologist or GP at least a week before the procedure.

### **📍 DAY PRIOR TO THE PROCEDURE**

Have a normal dinner and have nothing further to eat after midnight.

### **📍 DAY OF THE PROCEDURE**

Take regular medications (except those advised to cease) in the morning around 6am with a sip of water.

You may continue to drink clear fluids until 4 hours prior to the procedure.

#### **CLEAR FLUIDS**

Water | Clear Soup / broth | Black tea / coffee | Clear fruit juice | Clear soft drink | Icy poles (clear)  
Cordials (no red / blue or purple)