

PREPARATION PRIOR TO GASTROSCOPY

The main aim for preparation for gastroscopy is to ensure the stomach is empty to both maximise visibility and prevent complications.

Week before:

- Aspirin is safe to use.
- If you use one of the following medications, please consult with Dr. Nel as to how you should take the drug beforehand:
 - Anti-coagulant drugs, such as warfarin or rivaroxaban (Xarelto).
 - A second anti-platelet drug, such as clopidogrel (Plavix).

Day before your procedure:

- You should not eat or drink anything from midnight (0h00) before your procedure.
- No bowel preparation is required unless you are having a colonoscopy performed at the same time.
- For more information regarding this, please refer to the appropriate form.

Day of your procedure:

- You may take your regular medications up to 2 hours before the procedure, except for iron containing tablets, anti-coagulant and diabetic medications.
- You will not be allowed to drive after your procedure so you must make arrangements for transport home.