

Gastrosocopy Instructions

7 DAYS before your gastrosocopy

READ ALL PREPARATION INSTRUCTIONS

PLEASE STOP TAKING:

- **herbal, oil-based vitamins** such as fish oil

CONTINUE taking aspirin unless advised by your Specialist or GP to stop.

If a doctor has advised you to take any of these medicines on a daily basis, **please check with that doctor to make sure this temporary change in your medications is safe for you.**

PLEASE ARRANGE A RESPONSIBLE PERSON TO TAKE YOU HOME AFTER THE PROCEDURE. YOU ARE NOT PERMITTED TO DRIVE FOR 24 HOURS. SOMEONE NEEDS TO STAY WITH YOU OVERNIGHT TO KEEP AN EYE ON YOU.

3 DAYS before your gastrosocopy

PLEASE STOP TAKING:

- **taking anti-inflammatory** pain relievers, including all NSAIDs and ibuprofen.

OK to continue taking paracetamol – Panadol /Panamax – for pain.

PLEASE CHECK IF/WHEN TO STOP TAKING:

- **anti-coagulant medication** (“blood thinners”) such as Dabigatran, Rivaroxaban, Apixaban, Clopidogrel, Brilinta, Warfarin, Persantin, or any other anti-coagulant medication. **Please check with the prescribing doctor to make sure this temporary change in your medications is safe for you.**

1 DAY before your gastrosocopy

PLEASE STOP TAKING:

- **Jardiance, Forxiga** and some other diabetic drugs (SGLT2 inhibitors) are to be withheld 1 day prior to any anaesthetic. **Please check with the doctor managing your diabetes.**

DAY OF your gastrosocopy

List all **current medications** and bring your medications with you on the day of your procedure.

YOU MUST take your morning heart, blood pressure, asthma and/or seizure medications with a small sip of water.

Preparation for gastrosocopy

For your gastrosocopy to be successful, it is important that your stomach is empty of food.

Have **nothing to eat for six hours and nothing to drink for three hours** before your arrival time which will be given to you in the afternoon of the day prior to your procedure.

PLEASE STOP ALL LIQUIDS 3 HOURS BEFORE YOUR PROCEDURE.

After the procedure, you may eat your usual diet unless otherwise instructed.

YOU ARE NOT PERMITTED TO DRIVE FOR 24 HOURS. A RESPONSIBLE PERSON NEEDS TO PICK YOU UP AND STAY WITH YOU OVERNIGHT TO KEEP AN EYE ON YOU.

Further Instructions

ARRIVAL TIMES

***Pittwater Day Surgery** will contact you **BEFORE 6pm** of the working day prior to your procedure (9979 3888). Any issues please call: 0466 647 896.

***Northern Beaches Hospital** will contact you via text or phone in the afternoon of the working day prior to your procedure (9105 5000).

***Dee Why Endoscopy** please call between 8am - 12noon on the last working day prior to your procedure (9982 6333).

***North Shore Private** will contact you after midday the day before your procedure (8425 3875).

PLEASE CONTACT OUR ROOMS ON 99972164 if you have any questions.

If it is outside business hours, please leave a message and we will contact you and your doctor on the morning of the next business day.