

FASTING PREPARATION

For Gastroscopy



CALL US if you take MEDICATIONS for the below:

- ✓ Diabetes
- ✓ Blood thinning
- ✓ Weight loss
- ✓ Parkinson's related medications
- ✓ Epilepsy

7 DAYS BEFORE YOUR PROCEDURE

STOP taking weight loss medications including Ozempic, Mounjaro and Wegovy

1 DAY BEFORE YOUR PROCEDURE

- ✓ CLEAR fluids only (please see below)
- ✓ NO food allowed

DAY OF PROCEDURE

8 hours prior to admission time

- ✓ Take your usual medications with a sip of water.
- ✓ Do NOT take any medications that you have been told not to take.

After this time:

- ✓ No food
- ✓ No fluids
- ✓ Nil by mouth

Clear Fluids

- | | |
|---------------------------------------|----------------------------|
| ✓ Water | ✓ Apple juice (no pulp) |
| ✓ Soda water | ✓ Lemonade |
| ✓ Mineral water | ✓ Jelly |
| ✓ Clear cordials | ✓ Black coffee |
| ✓ Sports drinks (not red/purple/blue) | ✓ Black tea |
| ✓ Hydralyte (not red/purple) | ✓ Clear soup |
| ✓ Berocca (not red/purple) | (e.g. clear chicken broth) |