

Information and instructions for patients.

GASTROSCOPY morning (am) instructions

One week before your gastroscopy

- Your procedure is expected to be a DAY CASE ONLY. You will need to arrange for an adult friend or relative to take you home and stay with you overnight.
- Please STOP TAKING iron tablets or any medications to stop diarrhoea, if you take them.

IMPORTANT– if you:

- have DIABETES and take medications or insulin
- take WARFARIN, ASPRIN OR ANY BLOOD THINNING medications

and have **not** been given a medication plan by our Liaison Nurse, please contact us as soon as possible on 9231 2272 to discuss what to do with your medications.



Fasting instructions to start at midnight before your procedure

You can eat and drink normally the day before your procedure.

- **Midnight** - commence a clear fluid diet only from midnight.
 - This includes water, clear fruit juice (no cloud or pulp), black tea/coffee, cordial and jelly (not red or purple please). Do not consume any milk products.
- **Fast from 6AM** - the morning of the procedure to ensure your oesophagus is clear prior to the procedure. Nothing at all to eat or drink including gum, lollies and cigarettes.
- **Take your usual medications with a sip of water of clear fluids at 6am the morning of the procedure. Do NOT take any medications that you have been told not to take.**



Where to come on the day of your procedure

- **At your admission time, come to the Day Procedures reception**
1st Floor Main Hospital Building A. Main entry via 55 Victoria Parade, Fitzroy.
 - Wear comfortable clothes and flat shoes.
 - Do not wear jewellery, nail polish or acrylic nails and do not bring any valuable items.



When you go home:

- Remember you have had a light anaesthetic.
- **An adult must pick you up and take you home and stay with you overnight.**
- We will contact them with a pick up time when you have had your procedure. Bring their phone number with you.
- You are not allowed to drive, operate machinery, sign legal documents or drink alcohol for the rest of the day.
- A copy of your procedure report will be given to you to take to your referring doctor.

More information your gastroscopy.

Before your procedure, you will be given sedation by injection into a vein to make you more comfortable. The procedure will take between 5 and 20 minutes.

A gastroscopy involves the use of a flexible tube with a camera to examine the gastrointestinal tract including the oesophagus, stomach and first part of the small bowel.

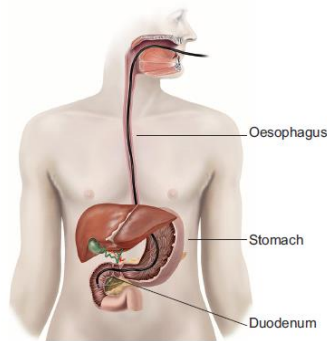


Image: <http://dc.eidohealthcare.com/library>

A gastroscopy is commonly used to investigate symptoms such as bleeding, pain, nausea and difficulty swallowing. Biopsies may be taken or polyps removed during the procedure.

It is important to follow the fasting instructions provided to ensure your gastroscopy is effective.

Safety and risks

A gastroscopy is usually a simple and safe procedure. However there are some possible complications which you should be aware of. These may include:

- Bleeding – usually only if biopsies are taken or polyps removed.
- Reaction to the sedative or anaesthetic used
- Complications from heart or lung disease
- Perforation – a tear in the gastrointestinal tract lining

You may have a sore throat and there may be mild, temporary discomfort following your procedure. If you develop severe abdominal pain, fevers or chills, vomiting, bleeding from the bowel or feel very unwell you should contact the hospital on 03 9231 2211 and ask to be transferred to the Emergency Department.



If you have any questions:

You can call the Endoscopy Waiting List Team on (03) 9231 2272

or visit: <https://www.svhm.org.au/health-professionals/specialist-clinics/e/endoscopy>