

# Dr Matthew Choy

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## Preparation for a Gastroscopy

### What is a Gastroscopy?

A procedure using a flexible telescope that allows the doctor to see inside your oesophagus (gullet/food passage), stomach and duodenum (where stomach empties into).

### Are there any potential risks?

Gastroscopy is very safe although, as with all medical procedures, there is a risk of complication. This risk is thought to be about 1 in 10,000. These can be due to the sedative drugs causing problems with the heart or lungs, or the gastroscopy causing a hole in the throat or oesophagus. Minor complications such as a sore throat or pain at the injection site are more common but temporary.

## On the day of your Gastroscopy

### For morning Gastroscopy:

Do not eat after midnight. You may drink CLEAR FLUIDS until 2 hours before your admission time. Clear fluids may be water, lemonade, light coloured cordial, light coloured sport drink or lucazade, clear broth (completely free of herb or meat pieces), black tea or coffee (can be sugared), clear apple juice. Do **not** have any milk or cream products.

### For afternoon Gastroscopy:

Have a light breakfast (e.g. tea and toast) before 8a.m. Do not eat after 8am. You may drink CLEAR FLUIDS until 2 hours before your admission time. Clear fluids may be water, lemonade, light coloured cordial, light coloured sport drink or Lucozade, clear broth (completely free of herb or meat pieces), black tea or coffee (can be sugared), clear apple juice. Do **not** have any milk or cream products

**If you take tablets for diabetes** do not take them on the morning of your procedure.  
Please bring all your tablets with you.

Because you will be given sedation during the gastroscopy, you will not be able to drive yourself home after the procedure. You must organise for a responsible adult to escort you home after the procedure. This means either someone to drive you home or escort you on public transport.

You will be able to resume normal activities the day after your procedure.

Please contact our receptionists should you have any queries regarding your preparation.