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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 (swallowing tube), stomach and duodenum.

Are there any potential risks?

Gastroscopy is very safe but, as with all medical procedures, there is a small risk of complications.

This risk of a complication with gastroscopy is in the order of 1 in 10,000. These can be due to the sedative drugs causing problems with the heart or lungs, or the gastroscope causing a hole in the throat or oesophagus.

Minor complications such as a sore throat or sore injection site are more common but temporary.

On the day of your Gastroscopy

For morning Gastroscopy: Do not eat or drink after midnight.

For afternoon Gastroscopy: Have a light breakfast (e.g. tea and toast) before 8.00 a.m. **DO NOT EAT OR DRINK AFTER 8.00 A.M.**

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 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.