

MORNING GASTROSCOPY INSTRUCTIONS

**PLEASE DO NOT EAT OR DRINK ANYTHING FROM MIDNIGHT THE NIGHT BEFORE
(except water only which can be drunk up until 2 hours before your procedure)**

WHAT IS A GASTROSCOPY?

- Procedure that allow the doctor to look inside the stomach with an instrument called an endoscope.
- A gastroscopy examines the oesophagus, stomach and first part of the small intestine.
- This procedure allows the doctor to take biopsies (small tissue samples) and remove polyps (precancerous growths), to the doctor to detect inflamed tissue, ulcers and abnormal growths and infections such as *Helicobacter pylori* and help the doctor diagnose unexplained changes in bowel habit, abdominal pain, bleeding from the bowel and weight loss.
- They are reasonably safe procedures. Complications occur in approximately 1:2000 examinations. These may include bleeding requiring a blood transfusion, perforation of the oesophagus, stomach or duodenum requiring emergency surgery or complications of sedation.
- For further information about gastroscopies please see our website www.coastalgastro.com.au

THINGS TO CONSIDER:

❖ **Diabetic Patients and Blood Thinning Medications**

- PLEASE SEE ATTACHED PAGE
- Please bring **ALL** medications with you to the hospital

❖ **Getting to and from the hospital & care at home after the procedure**

- On the day of your procedure you must **NOT DRIVE OR TRAVEL HOME IN A TAXI OR ON PUBLIC TRANSPORT UNACCOMPANIED**. Please arrange for someone to drive you to and from your procedure. You will require someone to keep an eye on you the night after the procedure. If you live alone you may need to ask someone to stay with you overnight.

❖ **Fasting**

- Please make sure that you have fasted (no food or fluids) according to the information above. Inadequate fasting increases the risk of complications and may cause your procedure to be delayed or rescheduled.

❖ **Allergies**

- Tell the nursing and medical staff if you are allergic or sensitive to any drug or other substance.

❖ **Other Medications**

- On the day of your procedure, please take all your usual other medications (e.g. blood pressure medications) with a sip of water only, at least 2 hours before you are due to attend the hospital.

❖ **After the procedure:**

- If you have any severe abdominal pain, vomiting, fever, or other symptoms that cause you concern, you should contact the Hospital where you had the procedure, the rooms (office hours only) or your Medical Practitioner. Patients with severe symptoms may need to attend their nearest emergency department.

IMPORTANT INFORMATION

❖ **Diabetic Patients**

- If you are taking **INSULIN**, please let us know before your procedure so we can provide instructions about managing your insulin on the day of the procedure.
- If you are taking
 - **DAPAGLIFOZIN (FORXIGA, XIGDUO XR OR QTERN)**
 - **EMPAGLIFLOZIN (JARDIANCE, JARDIAMET OR GLYXAMBI)**
 - **ERTUGLIFLOZIN/METFORMIN HYDROCHLORIDE (SEGLUROMET)**
- You will need to stop these medications **3 days before your procedure**. If you are in doubt please discuss with your GP, or contact the rooms.
- Any other diabetic medications (e.g. Metformin, Gliclazide etc.) simply do **NOT** take the dose(s) on the morning/day of the procedure, but bring the medications with you.

❖ **Blood Thinning Medications**

- Aspirin does not need to be stopped.
- If you are taking other blood thinners such as
 - **CLOPIDOGREL (PLAVIX)**
 - **TICAGRELOR (BRILINTA)**
 - **WARFARIN**
 - **DABIGATRAN (PRADAXA)**
 - **APIXABAN (ELIQUIS)**
 - **RIVAROXABAN (XARELTO)**
- Please discuss these with your GP as these medications may have to be stopped prior to your procedure. In certain circumstances, such as with some coronary stents, they should not be stopped and you may need to see a Gastroenterologist in the rooms prior to your procedure to discuss this. If you are in doubt please contact the rooms prior to your procedure.

If you have any queries please refer to our website www.coastalgastro.com.au or contact Coastal Gastroenterology on (08) 6389 0631