

## Preparation for Gastroscopy

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- For a Gastroscopy examination, you need to be on an empty stomach for 4-6 hours prior to procedure.
- If you are coming for a morning appointment, you should be fasting after midnight. Small sips of water may be allowed up to two hours before the test.
- In case you are a diabetic, it is advisable not to take your morning dose of medications until after the test.
- Medicines for blood pressure or heart problems can be taken with sips of water 2-3 hours.
- Do let the doctor know of any previous illnesses or allergies and the list of medications you are currently taking.
- Come to the clinic dressed in loose comfortable clothing.

Your Appointment Date: ----- Time: -----

