

Hospital/Preparation Information for Gastroscopy

- Complete online admissions through hospital website or submit paper hospital admission booklet to the hospital, ideally 1 - 2 weeks prior to your procedure date. **The hospital will contact you one business day before your procedure with arrival time instructions. Please be aware they often do not contact patients until the afternoon (up to 3pm) of the day before.**
- Make arrangements to be accompanied home from the hospital by a person known to you (Uber/taxi drivers are not permitted pickup drivers unless you are also accompanied by a person known to you). Please contact the hospital if you have any queries about getting home.
- You will be at the hospital for around four hours in total. Do not bring any valuables to the hospital. You may like to bring some reading material.
- Dr Pang will speak to you about the results during your recovery post-procedure.
- You can return to your usual routine the following day, including work and driving.

Preparation on the Morning of your Procedure

Stop eating all food six hours prior to your admission time. You may continue to sip clear fluids until three hours prior to your admission time, then NIL BY MOUTH. Do not chew gum. Important meds; e.g. blood pressure pills can be taken with a sip of water three hours before the procedure

Medications Advice

Wegovy, Ozempic, Mounjaro, etc		Cease 1 Week Prior
Diabetes Meds	Withhold morning of procedure: Insulin, Forxiga (dapagliflozin), Jardiance (empagliflozin), Xigduo (dapagliflozin/metformin), Jardiamet (Empagliflozin + metformin), Janumet (sitagliptin/metformin), Velmetia (sitagliptin/metformin), Diabex (metformin), Metformin	
Blood Thinners	If you are on blood thinning agents and have a history of a recent stroke (less than 12 months), coronary stent or venous thrombosis, please follow advice given by Dr Pang. If you don't have a history of recent such events, please follow the advice below:	
Cease 5 Days Prior	Iscover, Plavix, Clopidogrel or Asasantin – replace with Aspirin 100mg/day.	
Cease 3 Days Prior	Warfarin – stop 3 days prior and start Clexane subcutaneous injections either 1.5mg/kg once daily – you will need to see your GP to arrange this. The last dose of Clexane should be on the morning of the day prior i.e. no Clexane from 24 hours before the procedure.	
Cease 2 Days Prior	Xarelto (rivaroxaban), Eliquis (apixaban), Pradaxa (dabigatran)	
Continue to take	If on Aspirin alone (Cartia, Astrix, Solprin etc) continue to take.	