

GASTROSCOPY INSTRUCTIONS

Fasting: please ensure you are fasting for **6 hours** prior to your admission time on the day of your procedure.

You **should not eat or drink anything** including water, during this period.

Medications:

Diabetic Medications – must be stopped day of procedure.

PPI medications - MUST be stopped 5 days before a Gastroscopy .

You can take the liquid form of Gaviscon or Mylanta in place of your PPI medication.

PPI Medications (proton pump inhibitors/any medications ending in ‘prazole’) –

Medications which reduce stomach acid production (Reflux).

Common Medications are:

Nexium – Esomeprazole Somac – Pantoprazole

Pariet – Rabeprazole Losec – Omeprazole

Blood Thinning Medications –

Blood thinners must be stopped 2-7 (please list of medications and recommended number of days it must be ceased) days prior to procedure unless advised otherwise by GP, Specialist who prescribed blood thinners or MDC doctor.

Common Medications are:

Plavix – Clopidogrel (7 Days)

Coplavix (7 Days)

Eliquis – Apixaban (2 Days)

Warfarin – Coumadin (Must speak with cardiologist/GP)

Xarelto – Rivaroxaban (2 Days)

Pradaxa – Dabigatran (2 Days)

Ideally these types of medications must be ceased prior to your procedure to reduce the risk of procedure related bleeding e.g. Polyp removal and/or biopsy.

The following blood thinners are fine to continue taking – Aspirin, Cartia and Cardiprin

***Please do not stop these medications if you have mechanical heart valve/Lung clots/recent cardiac stent placements – an appointment to see your doctor will be required.**