



Gastroscopy Preparation Sheet

No Bowel Preparation is required

Morning appointment (before midday)

Fast from Midnight

Do not take your morning medications, but bring them to the centre

Afternoon appointment (from midday)

Light breakfast for example a drink and a slice of toast

Fast at least 4 hours before your procedure time

You cannot drive for 12 hours following your procedure so you must have someone to drive you home.