

Gastrosocopy Patient Preparation

If you have made an appointment with us for a [Melbourne gastroscopy procedure](#), you will need to follow the prescribed preparation instructions below.

Proper patient preparation is very important for the procedure to be successful and safe.

Cancellation Policy

Please note that we require **two full business days notice** to be eligible for a refund of your procedure. **There will be a cancellation fee for appointments cancelled or not attended with less than two full business days' notice.**

General Instructions

Ozempic and any other GLP-1/GIP agonists must be withheld for two weeks prior to your procedure

The following is a requirement of all endoscopy patients.

Someone MUST Collect You after the Test

Due to the use of anaesthetic during our endoscopy procedures, the effects will make you drowsy and incapable of legally driving yourself home.

Please arrange for a friend or relative to collect you about one and a half hours after the test, as you cannot drive or leave the hospital on your own. Your procedure will be cancelled on the day if you do not have a friend or relative to pick you up and you will still be liable for the out of pocket costs of your procedure.

You are not able to take a Taxi or Uber/Rideshare home.

A COVID RAT test is required the day of your procedure prior to attending the clinic, please take a photo of the negative test to show us upon arrival at the centre

What to bring with you:

- Referral from your Doctor
- Medicare card (*Please inform staff when booking if you have no Medicare card, Interim card or reciprocal card*)
- Private insurance card (if applicable)
- Pensioner/health care card
- Account payment (*Direct Endoscopy accepts MasterCard, Visa or cash and provides EFTPOS facilities to facilitate easy payment of accounts on the day*)
- List of medications
- Reading glasses (if necessary)

Wear Loose Clothing and Leave Valuables Behind

Please wear light casual clothing and do not bring valuables with you.

Remove Lipstick and Jewellery

Please do not wear lipstick or jewellery.

Remain Under Competent Supervision For 12 Hours

For 12 hours after the procedure, you should remain in the care of a responsible adult and not drive or operate machinery.

SPECIFIC INSTRUCTIONS FOR THE MORNING OF YOUR TEST

IMPORTANT! Do not eat AT ALL on the day of your procedure

You can have clear fluids until 3 hours prior to the test. You may have clear fluids such as water, cordial, clear fruit juice, clear broth, black tea/coffee with sugar, jelly (not red), barley sugar lollies and soft drinks, Hydrolyte drinks, lemonade icy poles and honey. **AVOID ALL DRINKS THAT ARE RED IN COLOUR.**

IMPORTANT! Do not drink anything, not even water, for 3 hours prior to the test.

Avoid alcohol for 24 hours prior to your procedure.

You may take your usual medication with a sip of water no later than 2 hours before the test unless otherwise instructed by your Doctor.

Safety and Risks

Complications of gastroscopy are very rare and may include bleeding or perforation. For inspection of the bowel alone, complications of colonoscopy are uncommon. Most surveys report complications in 1 in 1000 examinations or less.

Our Gastroenterologists

Our [gastroenterologists](#) constantly strive to provide the highest standard of digestive health services and patient centred care. The easiest way to achieve the most accurate results and have the best patient experience is to ensure you follow all of the gastroscopy preparation instructions.