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General Surgeon

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Gastroscopy Instructions

If you are gastroscopy and colonoscopy, please follow the instructions for colonoscopy instead of these instructions

To ensure the stomach is completely empty for your procedure, you must not eat or drink anything from 6 hours prior to the procedure (unless your doctor instructs you otherwise)

You may eat and drink normally up to 6 hours prior to the procedure

If you are having a morning procedure, do not eat or drink anything after 2am.

If you are having an afternoon procedure, you may eat a light breakfast before 7am, then nothing to eat or drink.

Your procedure may have to be cancelled if you have eaten or drunk within 6 hours of the procedure.

After the procedure

You will be able to eat and drink 30 mins after your procedure

You will be discharged from the Hospital after 1-2 hours

You will not be able to drive and will need to be collected by a relative or friend.

