

Gastroscopy prep checklist

Tick each step as you complete it and bring this sheet with you.

0 of 7 steps completed

- ☐ **Read all prep instructions carefully before you start**
Follow the steps as detailed unless your doctor or clinic staff advise otherwise.
- ☐ **Confirm the clinic knows about blood-thinning, diabetes and weight-loss injection medications**
Do not stop any medication - including semaglutide/Ozempic/Wegovy, tirzepatide/Mounjaro or liraglutide - unless a clinician tells you to.
- ☐ **Complete your online admission registration at St John of God Hospital**
IMPORTANT: Please commence your admission process by registering at: <https://www.sjog.org.au/patients-and-visitors/my-admission>. If you need assistance with the admission process, please call St Johns on 1300 863 566.
- ☐ **If you take a weight-loss/appetite injection, have a clear-liquid day**
Semaglutide (Ozempic/Wegovy), tirzepatide (Mounjaro) and liraglutide slow stomach emptying, so you'll need clear liquids only for about 24 hours before your admission. Ring the clinic on 08 6389 0631 at least 7 days before - never stop the injection yourself. This step doesn't apply if you don't take one of these medicines.
- ☐ **Start fasting - midnight (morning) or 7:00am (afternoon)**
Morning admission: nothing to eat from 12:00 midnight. Afternoon admission: a light breakfast finished by 7:00am, then nothing to eat. Water only after that, until 2 hours before.
- ☐ **Stop water 2 hours before your admission time**
Water is allowed until 2 hours before you're due at the hospital. Nothing at all after that.
- ☐ **Arrive on time with your Medicare Card, Health Insurance Details, and a ride home**
St John of God Hospital Murdoch - you cannot drive yourself after sedation.

Fasting times - morning admission

- ☐ **Clear liquids only (weight-loss injection patients only) (7:00 AM)**
If you take a weight-loss/appetite injection (semaglutide/Ozempic/Wegovy, tirzepatide/Mounjaro, or liraglutide), have clear liquids only for the whole day before your admission. Everyone else can eat and drink normally today. Never stop your injection yourself - ring the clinic on 08 6389 0631 at least 7 days before your procedure.
- ☐ **Start fasting - nothing to eat from midnight (12:00 AM)**
For a morning admission, have nothing to eat from 12:00 midnight - no food, no milk or dairy drinks. Water only after that, until 2 hours before your admission time.
- ☐ **Stop water (5:00 AM)**
Water is allowed up until 2 hours before your admission time. After that, nothing at all by mouth.

Questions about medications, diet, or timing?

Coastal Gastroenterology - Phone 63890631 - info@coastalgastro.com.au

Wexford Medical Centre, Level 3, Suite 46, 3 Barry Marshall Parade, Murdoch WA 6150

Admission: St John of God Hospital Murdoch, Gate 1, Barry Marshall Parade, Murdoch WA 6150



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