

Fasting Instructions

Refer to the body of your endoscopy email which states whether your arrival time is likely between 7am-11am (morning) or 12pm-4pm (afternoon).

NOTE: If you are having a sigmoidoscopy, you may receive a fleet enema on arrival at the hospital.

For MORNING Procedures (arrival before 10am):

FAST (NO FOOD) FROM MIDNIGHT: you can drink only water up until 2 hours prior to your arrival time.

For AFTERNOON Procedures (arrival from midday onwards):

FAST (NO FOOD) FROM 7AM: you can drink only water up until 2 hours prior to your arrival time.

If you have any questions following completion of this document, please contact theatremanager@gastrosc.com.au or call on 03 7023 0230 and ask to speak to our practice nurse.

