

No Ibuprofen (Advil, Motrin) or Aspirin is to be given for the 4 days prior to procedure.

- **IMPORTANTLY: fasting, no solids or chewing gum AFTER midnight prior to the Gastroscopy.**

**EXCEPT for the following:**

- For patients scheduled for the **morning**: Water, Gatorade and/or Apple juice can be consumed **until 6 am**. Go to Surgical Day Care, 3<sup>rd</sup> Floor of the Janeway for 7:15 am.
- For patients scheduled for the **afternoon**: Water, Gatorade and/or Apple juice can be consumed **until 10 am**. Go to Surgical Day Care, 3<sup>rd</sup> Floor of the Janeway for 10:30 am.

**Girls over the age of 12 years old must come with:**

A urine sample (Clinic will have urine specimen kits)

**OR**

A full bladder for a urine test before the procedure in compliance with Eastern Health's policy.

- Girls over 12 years old must arrive with a full bladder or a urine sample; a urine test on the day of the procedure is an Eastern Health policy.

**If you have any questions, please consult your Gastroenterology (GI) Doctor (709) 777- 4134 or  
GI Nurse at (709) 777-2219. The phone number for Surgical Day Care is (709) 777-4334.**