

**Reminder notice. How to prepare yourself for the examination.**

**Gastroscopy.**

- 6 hours before the procedure do not eat and do not drink to keep your stomach empty. This is required to ensure safety during examination and to prevent particles of food from obscuring the view. You may brush your teeth and rinse your mouth in the morning.
- you should abstain from smoking 2 hours before the examination as smoking can cause changes in the colour of stomach mucous membranes. Take away the dentures and glasses just before the procedure. It is advice to wear slip-on and comfortable clothes.
- You may take your usual medicines with small amount of water, but at least 2 hours before the procedure. Some medicines may interfere with the procedure: 4 days before the procedure do not take Aspirin, Plavix , Coumadin or other blood thinning medicines (anticoagulants). On the day of examination do not take antacid medicines.