

Adult Endoscopy Fasting Instructions

Who is this information for?

This information is for patients and families attending Monash Health Endoscopy Services, who are having a Gastroscopy, Duodenoscopy, Flexible Sigmoidoscopy, ERCP, PEG and EUS.

What is fasting?

Fasting means that you will need to stop eating and drinking. This includes no chewing gum, no lollies and no fizzy drinks.

Fasting is very important. It is imperative for the safety of the patient.

Failure to stop eating and drinking prior to an endoscopic procedure can result in cancellation of the procedure.

Morning Procedures

No drinks or food after midnight the night before

You may take your usual medications with a sip of water prior to 6.30am unless instructed otherwise by your Doctor or an Endoscopy Liaison Nurse.

Afternoon Procedures (After 11.00am)

No drinks or food after 7.00am on the day of procedure

You may take your usual medications with a sip of water up until 11.00am unless instructed otherwise by your Doctor or an Endoscopy Liaison Nurse.

For additional assistance regarding these fasting instructions



Endoscopy Liaison Nurses

1800 786 188