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Phone: 250-286-0767 Fax: 250-286-8815

Preparation Instructions for Your Gastroscopy:

You may have **NOTHING** to eat 8 hours prior to your appointment.

You may have **CLEAR FLUIDS** up until 3 hours prior to your appointment. Clear fluids include water, pop, or any clear fruit juice without pulp. You may have clear broth or jello (no blue or red) as well as a cup of tea or coffee if you wish, but do not use any milk or dairy products.

During the examination, you will be given a sedative. You will be considered legally impaired for 24 hours following this, so **YOU WILL REQUIRE A RIDE HOME.**

NOTE: A lot of time as gone into making this appointment. If you feel you must cancel your appointment, please contact the hospital Endoscopy Booking Clerk at 250- 286-7171 as soon as possible.

You **MUST** provide 48 hours notice if cancelling your appointment.