



The Reimer Clinic

For Health and Peace of Mind

385 Frederick Street, Unit 6
Kitchener, ON, N2H 2P2
Phone: 519-957-9730
Fax: 519-957-9732

“The Clinic” inside Walmart
1375 Baseline Road (at Clyde)
Ottawa, ON, K2C 3L9
Phone: 613-366-2021
Fax: 613-366-2025

mail@reimerclinic.ca

<http://reimerclinic.ca> / <http://cliniquereimer.ca>

Having a Gastroscopy

Your gastroscopy is scheduled for:

Please arrive 30 minutes before your procedure.

How to prepare

You may eat normally for up to six hours before your procedure.

Six hours before your procedure, do not eat any solid food or drink any dairy products. During this time you may drink clear fluids including water, clear juices (but not orange or red coloured jello or liquids) and pop up to four hours before the gastroscopy.

Do not eat or drink anything in the last four hours.

If you take ASA, Coumadin/Warfarin, or Plavix, please consult with your family physician or your Reimer Clinic physician about when or if to stop taking this medication.

Arrange for someone to drive you home after your procedure. This person should be available no later than 1 hour after your appointment time. You will be unable to operate a motor vehicle for 24 hours following your procedure.