



Your endoscopy preparation checklist

Patient information | Source check: 2026-10-15

Check the booking and preparation

I undertake endoscopy at Endoscopy Auckland and GLMS. Check the location and arrival time. Your service will send the exact food, fluid, medicine and preparation instructions. General guidance is below; contact the team if instructions are missing or preparation is difficult.

Check every medicine decision

Give the team your full medicine list, including warfarin (Marevan), apixaban (Eliquis), rivaroxaban (Xarelto), clopidogrel (Plavix), diabetes tablets, insulin and GLP-1 medicines such as Ozempic, Wegovy or Mounjaro. Instructions should state whether each medicine is withheld, its last dose and when to restart if withheld. Confirm the plan before changing treatment. GLP-1 instructions differ between services, including whether to withhold a dose and whether 24 hours of clear fluids is needed.

Food, fluids and colonoscopy preparation

Gastroscopy usually needs a period without solid food, commonly at least six hours. Stop clear fluids at the time in your booking instructions. Colonoscopy usually starts with a low-residue diet, followed by clear fluids and the prescribed bowel-cleansing drink, often in split doses. Standard Glycoprep commonly uses about 3 to 4 litres; other products differ. Follow the exact mixing and timing instructions sent to you. See the bowel preparation guide on this site.

Plan transport and support

If sedation is planned, arrange an adult to collect you and any support requested at home. Do not drive yourself home. Follow your discharge restrictions and the plan for restarting withheld medicines. Most people can return to normal duties the next day, subject to their individual instructions.

Call if unwell or unsure

Contact the team for repeated vomiting, inability to keep fluids down, marked dizziness or medicine and glucose concerns. Seek urgent assessment for severe pain, fainting, confusion or unusual breathing. Call 111 for collapse, breathing difficulty or if you cannot travel safely.





Organise your visit in four parts

Instructions

Your personal preparation checklist

- ☐ Check your location and arrival time
- ☐ Stop solid food before the test; clear fluids until cut-off
- ☐ If having colonoscopy, collect the prescribed bowel preparation
- ☐ Contact our team if anything is unclear

Your exact instructions will be communicated directly.

Your tailored instructions will be communicated directly. In general, solid food is stopped before the procedure while approved clear fluids may continue until the cut-off time given by the service. Check the location and arrival time and contact our team if anything is unclear.

Read this illustration alongside the advice in this guide.

