



UPPER ENDOSCOPY (EGD) INSTRUCTIONS -- PMC

Please read these instructions once you receive them. Do not wait until the night before the procedure to review these instructions.

Your procedure is scheduled at the following facility

**Parkland Medical Center (PMC)
Nutfield Building
Entrance D, Suite 103
44 Birch Street
Derry, NH 03038
(603) 421-3634**

Your procedure will be performed by

- Christopher Dainiak, MD
- Leon McLean, MD, PhD
- Bethany Reutemann, MD, MSc
- Knut Roalsvig, MD

Procedure Day: _____ Arrival Time: _____

Blood Thinners

If you take blood thinners, please inform our scheduling staff so that we may coordinate stopping these medications with your primary care doctor.

Cancellation/No-show/Reschedule Policy

Granite State Gastroenterology reserves the right to charge a \$100 fee for any no-show, cancellation, or reschedule made within 72 hours of the scheduled procedure time. If you need to reschedule your procedure, please make every effort to do this early to avoid a cancellation/reschedule fee.



At least 1 week prior to the procedure:

1. Ask your primary care physician to send a referral to our office (if your insurance requires it).
2. Call your insurance company to verify benefits at the facility and with the physician above. Your insurance company should tell you your coverage as well as any out-of-pocket fees you may be responsible for such as co-pays or deductibles.

Questions you may wish to ask

Is my doctor in network?

Does a hospital setting versus an ambulatory center make a difference in my out-of-pocket cost?

Am I subject to a deductible or co-pay for this procedure?

What percentage of the procedure is my financial responsibility?

One day prior to the procedure:

1. Do not eat anything after midnight

The day of the procedure:

1. Do not drink any liquids, chew gum, or suck on hard candies for at least 3 hours prior to your arrival time. Do not smoke the morning of your procedure.

2. Please take your medications as prescribed on the day of your procedure except for those listed below. Medicines must be taken at least 3 hours prior to your arrival time.

Do not take diuretics (water/fluid pills), diabetic medications (oral or insulin), iron pills, vitamins, or Carafate (sucralfate) prior to your procedure. If you have questions about what to take, please call us at least 24 hours before your scheduled arrival time.

3. Bring a list of your current medications to your procedure
4. You must have a friend or family member take you home about 30 – 60 minutes after the conclusion of your procedure. This person must be over the age of 18. This person cannot be a taxi/Uber/Lyft driver. If a driver is not available your procedure will not be performed.
5. You should rest at home the remainder of the day. You should not operate heavy machinery, drive a vehicle, or make important or legal decisions.