



UPPER ENDOSCOPY (EGD) INSTRUCTIONS

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

Your procedure will be performed by

- Christopher Dainiak, MD
- Emilianos Karagiannis, MD
- Leon McLean, MD, PhD
 - Knut Roalsvig, MD
 - Steve Taylor, MD
 - Annette Tobar, MD
- Steven Tsistrakis, MD

Your procedure is scheduled at the following facility:

- Surgical Center of NH at Derry (SCNH)**
15 Tsienneto Road
Derry, NH 03038
(603) 460-4955
- Bedford Ambulatory Surgical Center (BASC)**
11 Washington Place
Bedford, NH 03110
(603) 622-3670
- Catholic Medical Center**
Endoscopy Suite, Level A (First floor)
100 McGregor Street
Manchester, NH 03102
(603) 663-2036
- Parkland Medical Center**
Nutfield Building, Entrance D, Suite 103
44 Birch Street
Derry, NH 03038
(603) 421-3634
- Elliot Hospital Endoscopy**
1 Elliot Way
Manchester, NH 03103
(603) 663-4170

Procedure Day: _____

Arrival Time: _____

Please note that centers may occasionally request that you arrive earlier or later than scheduled

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.

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?

3. If you take insulin contact your prescribing doctor (primary care physician or endocrinologist) and ask for instructions on what dose of insulin to take the day before and day of your procedure.

The evening prior to the procedure:

1. Do not eat anything solid after midnight. You may have clear liquids ONLY after midnight.

Clear liquids include water, lemonade, coffee/tea (no cream or milk), beef/chicken broth, clear fruit juices, Gatorade, clear soft-drinks, seltzer, lemonade, popsicles, Kool-Aid. Avoid red or purple.

The day of the procedure:

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

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

Do not take diuretics (water/fluid pills), oral diabetic medications (insulin should be taken as per your prescribing doctor's instructions), iron pills, vitamins, or Carafate (sucralfate). If you have questions about what to take, please call us at least 1 business day before your 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.

Cancellation/No-show Policy

Granite State Gastroenterology reserves the right to charge a \$100 fee for any no-show, cancellation, or reschedule made within 3 business days of your scheduled procedure time. If you need to reschedule your procedure, please make every effort to do this early so we can accommodate another patient.