

North Country Gastroenterology

220 Cottage Street Littleton, NH 03561

Phone: 444-0272 Fax: 444-0274

Dr. Howard S. Mitz, D.O. FACOI

Gastroenterology
Office Endoscopy
Infusion Therapy

PREPARATION FOR EGD PROCEDURE

Name: _____

Date: _____

Check in: _____

1. Seven days before the EGD:

- a. Avoid excessive use of aspirin, medicine that contains aspirin, Advil and Motrin/Ibuprofen. Tylenol is okay to use. Take all other regular medication unless otherwise instructed.

2. No solid food after midnight the night before your procedure, you can have approved liquids (listed on back) up to 3 hours prior to your scheduled time

3. The day of the EGD:

- a. Take all regular medications with a small amount of water, unless otherwise instructed.
- b. Nothing by mouth 3 hours prior to the procedure.
- c. Arrive at North Country Gastroenterology and check in at your given check in time.

4. If you are unable to keep this appointment: Please give us 72 hours notice unless it is an emergency.

5. If you develop any COVID or Flu like symptoms the week leading up to your procedure please call the office.

6. The endoscopy nurse will call you for Pre-Op evaluation: The endoscopy nurses can be reached at 603-444-0272 ext 12. They are available Monday, Wednesday, and Thursday's from 12 pm until 4 pm. If you get their voice mail, please leave a message and they will return your call on their next business day.

**** SOMEONE WILL NEED TO DRIVE YOU HOME AFTER THE PROCEDURE***

Approved Clear Liquid Diet

Bouillon

Black coffee or tea, you may sweeten this

Strained fruit juices without pulp (apple, white grape, white cranberry)

Water

Gatorade

Carbonated Soda (coke, Pepsi, ginger ale, sprite, etc.)

Lemonade

Kool-Aid

Popsicles (no sherbets or fruit bars)

Jell-O (no fruit or toppings)

Hard candy

NOTHING RED OR PURPLE AND NO DAIRY