



## Pediatric Gastroenterology Endoscopy Preparation

**Bhanu Sunku, MD**

**Christine Karwowski, MD**

914-232-3135

110 South Bedford Rd  
Mount Kisco, NY 10549

Northern Westchester Hospital  
400 East Main Street  
Mount Kisco, NY 10549

30 Columbia Street  
Poughkeepsie, NY 12601

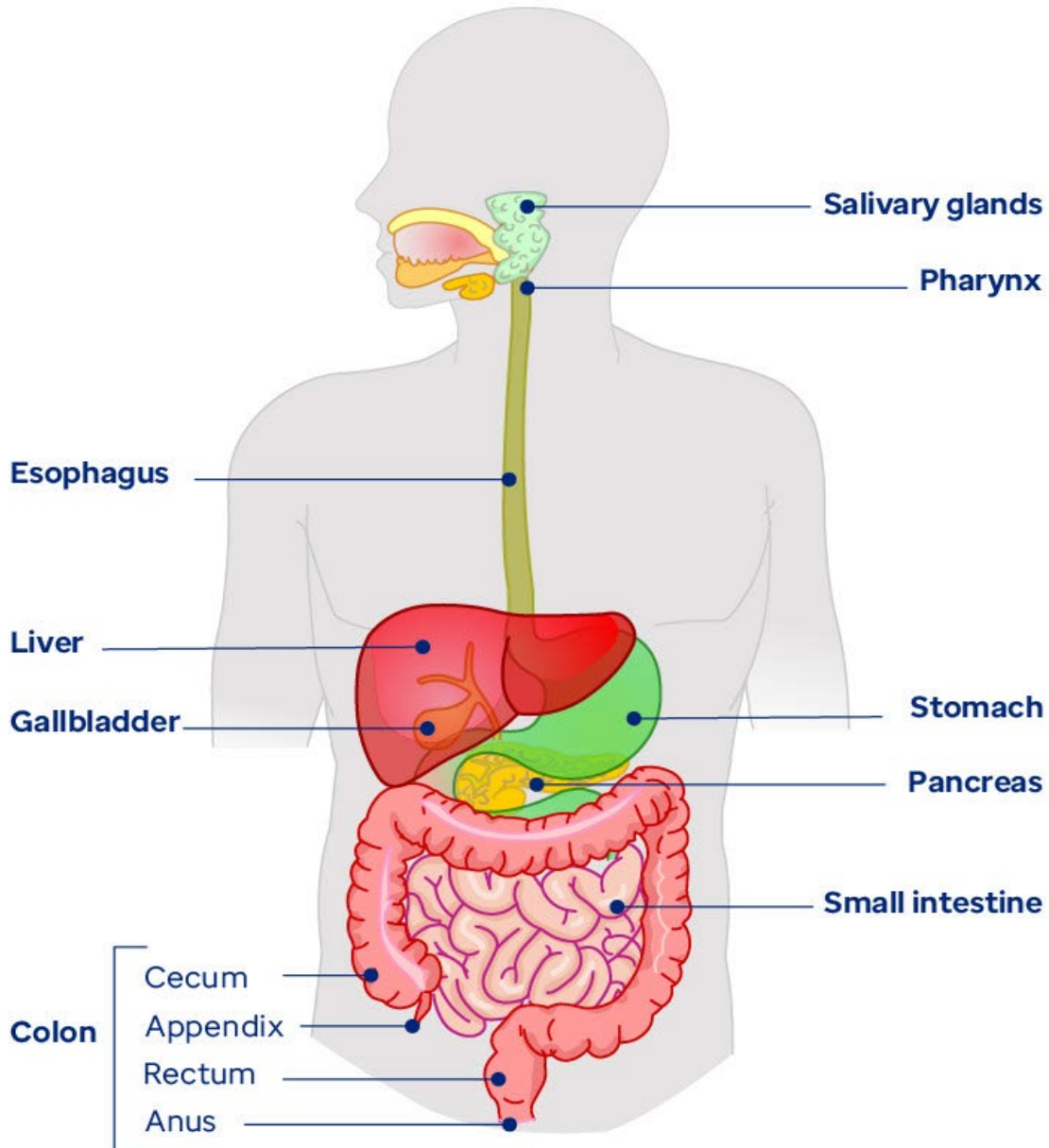
Procedure date: \_\_\_\_\_

- All medication should be taken up until the day of the procedure except for aspirin containing medications, which should be stopped 7 days prior. Aspirin containing products include ibuprofen (Motrin, Advil) as well as naproxen (Aleve). If needed, Tylenol is permitted. **Please note**, if Tylenol (acetaminophen) is needed for fever, please contact the office as your child needs to be fever-free for 24 hours prior to the procedure.
- Dairy products are permitted **8 hours prior** to the procedure.
- A light snack is permitted **6 hours before** the procedure (For example: dry cereal, toast, applesauce, pretzels, goldfish). **\*No meat, eggs, or fried foods.**
- Breast milk is permitted until **4 hours prior** to the procedure.
- Clear liquids are allowed until **2 hours prior** to the procedure (For example: water, non-red Gatorade, apple juice, white grape juice, ginger ale, Jello, broth without noodles or meat, non-red Ice pops without fruit pieces).
- **All drinking must end 2 hours prior to the procedure**
- **\*\*NOTE:** All foods and liquids including chewing gum should not be consumed or chewed from 2 hours prior to the procedure time until the procedure is completed.
- Procedure time will be provided via phone call a day or 2 prior to the procedure
  - In addition, a nurse will contact you within the week leading up to the procedure for a pre-operative interview, these questions must be answered before the procedure takes place.
- A responsible adult must drive the patient to the procedure, remain in the procedure suite for the duration of the procedure, and stay with the patient for 12-24 hours following the procedure.

\*If you have any questions or concerns regarding the procedure or the prep explained above, please contact the office at 914-232-3135.

# Optum

This is a diagram of the gastrointestinal system. During the EGD, the upper gastrointestinal tract is examined. This area includes the esophagus, stomach and the first half of the duodenum.



## Optum

Optum is a registered trademark of Optum, Inc. in the U.S. and other jurisdictions. All other brand or product names are the property of their respective owners. Because we are continuously improving our products and services, Optum reserves the right to change specifications without prior notice. Optum is an equal opportunity employer. © 2024 Optum, Inc. All rights reserved.