

8315 E 56th Street | Suite 100
317.621.1800 | communityendo.com

LIQUID DIET

- Water
- Tea, coffee
- Carbonated beverages
- Fruit flavored drinks
- Jell-O (no red Jell-O)
- Apple juice, white grape juice
- Lemonade (no pulp)
- Broth (chicken, beef, or vegetable),
- Gatorade and popsicles.
- Hard candy, sugar, artificial sweeteners, honey and salt.

You may NOT have the following as part of the liquid diet:

- Red or purple liquids
- Dairy
- Coffee creamers
- Smoothies
- Alcohol
- Protein Shakes

APPOINTMENT INFORMATION

Procedure date

Arrival time

Procedure time

Physician

The following instructions contain important information about your prep and your procedure. In order to have a successful procedure, please read and follow these instructions completely.

If you need to reschedule, please provide a 72 hour notice by calling 317.621.1800, Monday – Friday, 7:30 am – 5 pm. **FAILURE TO NOT PROVIDE A 72 HOUR NOTICE COULD RESULT IN TERMINATION OF CARE**

Within 7 days prior to procedure you can expect:

- **Pre-operative call:** The nurse will call you to answer any questions and go over your instructions.
- Please notify the nurse if you are allergic/sensitive to the metal NICKEL.

Day of procedure:

- **Female patients will have a reproductive history review.** A urine pregnancy test will be done before the procedure unless you have had a hysterectomy or if you are post-menopausal and have not had a menstrual period in at least 12 months.
- **Refusal of a urine pregnancy test WILL result in the cancellation of your procedure.**
- **Transportation:** You **MUST** arrange to have a responsible adult (age 18 or over) bring you to the facility. Your driver must stay until discharge. Arriving alone **WILL** result in the cancellation of your procedure. It is unsafe and illegal to drive while under the effects of sedation.

MEDICATIONS

For colonoscopies, please discontinue any oral supplements, that contain iron, 7 days prior to your procedure.

Do not take aspirin on the day of your procedure.

Please notify our staff if you take any blood thinners. We will contact the physician who manages these to obtain permission for you to hold them for this procedure. **DO NOT STOP THESE MEDICATIONS ON YOUR OWN.**

If you are diabetic, please contact the physician who manages these specific medications for recommendations on the day of the prep as well as the day of the procedure. We prefer you do not take them the day of your procedure.

Please hold all weight loss medications for 24 hours prior to your procedure.

YOU MAY CONTINUE ALL OTHER MEDICATIONS, INCLUDING THE DAY OF YOUR PROCEDURE, WITH MINIMAL WATER.

SEE OTHER SIDE →

Day of procedure:

- Please bring photo ID and insurance card.
- Please leave all jewelry, valuables and piercings at home.
- Please note that weapons are not permitted on the premises, even with a permit.
- Please plan on your stay at our facility lasting at least 2 hours.
- You will see the physician just prior to your procedure.
- The expected length of your procedure is 20 to 30 minutes. You will receive IV moderate sedation.
- Your heart rhythm, blood pressure and breathing will be monitored.
- Our goal is for you is to be comfortable throughout the procedure. It is not abnormal to remember some of the procedure.

After your procedure:

- Your expected recovery time here is 30 to 40 minutes or until you meet discharge criteria.
- You will be sleepy when you leave and possibly the remainder of the day.
- You will most likely not remember talking with the physician following your procedure.
- You will be given written discharge instructions and procedures results which include information on diet and medications.
- You may return to work and other activities, including driving, the following morning.

My Chart

Please ask our staff to send an activation code for you to opt in for My Chart Epic electronic record. This will give you access to communicate with your physicians, receive instructions and view results quickly.

Directions:

From the South and East:

- Take I-465 North to the Shadeland/56th Street exit.
- Stay to the right, and take the 56th Street ramp.
- Turn right (East) onto 56th Street to the Fort Benjamin Harrison campus.
- After going through the stoplight at Franklin Road, you will go approximately 1/4 mile.
- We are on the right, or south, side of the street.

From the North:

- Take I-465 South to the 56th Street exit (East).
- Take 56th Street East to the Fort Benjamin Harrison campus.
- After going through the stoplight at Franklin Road, you will go approximately 1/4 mile.
- We are on the right, or south, side of the street.

8315 E. 56th Street, Suite 100, Indianapolis, IN 46216

CONTACT INFORMATION

Pre-operative nurse:
317.621.1855

**Endoscopy Center scheduling
(or reschedule):**
317.621.1800

Monday – Friday | 7:30 am – 5 pm
If you need to reschedule, please provide 72 hours notice.

Physician office:
317.355.1144 or 317.621.6900

Monday – Friday | 9 am – 4:30 pm

**Physician after-hours
answering service:**
317.621.6900

Pre-registration:
317.621.1040
or at eCommunity.com/PreReg

Billing questions:
317.621.0300

TEXT REMINDERS

To receive a cell phone text reminder for your appointment, please text CHN to 622622.