

*** MUST READ * Important Information to Follow leading up to your Colonoscopy ***

DATE OF PROCEDURE: _____ PHYSICIAN: _____

- Franciscan Physicians Hospital..... 219-924-1300
701 Superior Ave, Munster IN 46321
- Pinnacle Hospital..... 219-756-2100
9301 Connecticut Dr, Crown Point IN 46307

TIME OF ARRIVAL: *The facility will contact you by 6pm the night before your test.

- Make sure to answer all calls leading up to your test. If pre-op cannot reach you, you will be canceled.
- You should plan to be available as early as 6am and as late as 2pm and have the entire day blocked.
- You will not be able to drive, return to work, or operate machinery due to anesthesia.

**** DUE TO ANESTHESIA: You MUST have an ADULT (18+) Family member or Friend DRIVE you TO & FROM, the procedure. ****

*** You CAN NOT use Public Transportation or UBER / LYFT services.**

*** THE INDIVIDUAL MUST REMAIN AT THE FACILITY FOR THE DURATION OF YOUR TEST.**

STOP _____ MEDICATION _____ DAYS PRIOR

Five (5) Days Before Your Test You MUST

- STOP** any NSAIDS, ASPIRIN, IBUPROFEN or Medication that thins your blood. Tylenol may be taken for pain.
- Do NOT** take products that contain **iron** -- such as multivitamins -- (the label lists what is in the products)
- AVOID** high-fiber foods - such as popcorn, beans, nuts, seeds (flax, sunflower, and quinoa), whole grain bread, cereal, oatmeal, granola, salad, raw/dried fruit & vegetables, corn, & fiber supplements - such as Metamucil®
- SUGGESTED FOODS YOU MAY EAT ... leading up to two (2) DAYS BEFORE your Colonoscopy INCLUDE:**
- Cream of wheat/grits, white rice, white bread, and refined (not whole grain) pastas/noodles
 - Cooked fresh/canned vegetables without seeds including asparagus, carrots, mushrooms, green beans, and potatoes without the skin
 - Bananas, soft cantaloupe, honeydew, avocado
 - Chicken, fish, tofu, eggs
 - Margarine, butters/oils, smooth sauces, and dressings
 - Cakes, cookies, pudding, ice cream without nuts or seeds
 - Hard candy, popsicles, yogurt, and cheese

>>> OVER (24 HRS BEFORE TEST)

Tomorrow is your Colonoscopy. Mix and Refrigerate your Bowel Prep for later this evening. Follow ALL instructions that came with the prep.

**** The next section is very important. If you do not prep correctly and your colon is not clean, the test will not be optimal, and you may have to repeat it. Please read everything and follow the instructions carefully.**

The (1) Day Before Your Test You MUST

- *** HAVE NO SOLID FOODS TO EAT THE ENTIRE DAY (24 HOURS) BEFORE YOUR COLONOSCOPY *****
- If you are diabetic **DO NOT** take your insulin or diabetic medication the day before your procedure. Any questions regarding diabetes medications contact your **Primary Care Doctor**
- Drink only **clear** liquids (**ABSOLUTELY NO SOLID FOODS**) *you will be canceled if you eat anything.
- NOTHING CAN BE RED, PURPLE or BLUE & NO DAIRY PRODUCTS!**
- Bouillon or broth (NO noodles), clear soda, juices (white grape, apple, or white cranberry), tea, coffee (no cream), Lemonade, Gatorade/Powerade/Propel, crystal lite, water-based popsicles and Jell-O are also ok to eat (excluding red, purple, & blue colors).
- If you are diabetic, eat/drink things that are **NOT** sugar free and **NO** insulin or diabetic medications today. Following your Liquid Bowel Prep, you may continue to have clear liquids up until three (3) hours before your arrival time* that has been provided by the facility. *The facility calls with this information.

***Reminder, contact your driver and confirm they are still available.**

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After your procedure >>>

Follow up appointment, *if scheduled:

Date:

Time:

Provider:

*If you don't have a follow-up appointment scheduled, you will receive a call from our clinical staff within 5 working days from your procedure to review your procedure results and advise if any further follow-up is required.

Follow the discharge instructions provided at the facility for information on resuming your medications and for aftercare guidelines. Call the office with any questions (219) 922-4900.