

# INSTRUCTIONS FOR COLONOSCOPY

## (USING SUTAB TABLETS)

(OBTAIN PRESCRIPTION FOR SUTAB, 24 Tablets)

For Sutab COUPON, please visit <https://sutab.com/Savings> This will bring the total out-of-pocket cost down to about \$40

### READ ALL INSTRUCTIONS CAREFULLY

**REPORT TO: Endoscopy Lab, Mission Hospital Regional Medical Center, 27700 Medical Center Road, Mission Viejo 92691**

Date \_\_\_\_\_ Arrival Time \_\_\_\_\_

- 1) If you are taking Iron pills, please stop this for three days before your procedure.
- 2) If you are taking **blood thinning medicines like Coumadin (Warfarin), Pradaxa, Xarelto, Brilinta, Effient, Eliquis, or Plavix**, please consult your doctor. You may need to stop these medications for up to 7 days prior to your procedure.
- 3) **Do not eat any seeds like popcorn, multigrain bread, sesame, granola bar, corn for one week** prior to colonoscopy.
- 4) **Day Before Examination**
  - Drink only “clear liquids” for breakfast, lunch, and dinner. Solid foods, milk or milk products are **not** allowed.
  - “CLEAR LIQUIDS” INCLUDE:
    - ⇒ Strained fruit juices without pulp (apple, white grape, lemonade)
    - ⇒ Water, Clear broth or bouillon
    - ⇒ Coffee or tea (without milk or non-dairy creamer)
    - ⇒ All of the following that are **not** colored red or purple
      - ◇ Gatorade, Carbonated and non-carbonated soft drinks
      - ◇ Kool-Aid (or other fruit flavored drinks), Ice popsicles
      - ◇ Plain Jello (without added fruits or toppings).

#### Evening (6 pm)

- Open one bottle of 12 tablets of Sutab. Fill the provided container with 16 ounces of water (up to the fill line). Swallow each tablet with a sip of water and drink the entire amount of 16 ounces over 15-30 minutes. After about 30 minutes, drink another 16 ounces of water over 15-30 minutes.

#### 5) Day of Examination

##### Morning Dose of Laxative: (Four hours before your colonoscopy arrival time)

**Do not skip this dose even if you think your colon is clean enough.**

- Open one bottle of 12 tablets of Sutab. Fill the provided container with 16 ounces of water (up to the fill line). Swallow each tablet with a sip of water and drink the entire amount of 16 ounces over 15-30 minutes. After about 30 minutes, drink another 16 ounces of water over 15-30 minutes.
  - **Finish drinking all liquids at least 2 hours before your colonoscopy arrival time.** Please eat **NO BREAKFAST** and **AVOID DARK COFFEE** on the morning of your examination.
- 6) **MEDICATIONS**
    - (a) **Evening prior to your examination:** Take any of your usually prescribed medications **more** than two hours before or two hours after you take the SUTAB tablets. This is to decrease the chance of your medications being washed out of your intestines before they can be absorbed.
    - (b) **On the morning of the procedure:** Take all your usually prescribed medications with water before 6 am. If you are a **DIABETIC**, please discuss with your doctor scheduling this test, what you should do with your insulin on the morning of the procedure.
  - 7) You will probably require some medication by vein for the procedure to relax you. This medication may make you sleepy for a few hours. If you receive this medication you will be required to remain here at the Endoscopy Center for about 30 minutes after the procedure is completed for observation.
  - 8) If you receive this relaxing medication by vein, you cannot safely drive yourself home after the test. Therefore, plan on having someone bring you to the Endoscopy Center and return you home after the procedure. Likewise, you should not plan on operating any heavy or dangerous machinery until the day after the procedure.
  - 9) Wear loose comfortable clothing. Please wear or bring a pair of socks with you.



If there are any questions regarding the procedure or its scheduling, please call our office at (949) 365-8836.

# Colonoscopy



National  
Institute of  
Diabetes and  
Digestive  
and Kidney  
Diseases

National  
Digestive  
Diseases  
Information  
Clearinghouse

2 Information Way  
Bethesda, MD  
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(301) 654-3810

Fax:  
(301) 907-8906

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niddic@info.niddk.nih.gov

NATIONAL  
INSTITUTES  
OF HEALTH

## National Digestive Diseases Information Clearinghouse

### Colonoscopy

Colonoscopy (koh-luh-NAH-skuh-pee) lets the physician look inside your entire large intestine, from the lowest part, the rectum, all the way up through the colon to the lower end of the small intestine. The procedure is used to diagnose the causes of unexplained changes in bowel habits. It is also used to look for early signs of cancer in the colon and rectum. Colonoscopy enables the physician to see inflamed tissue, abnormal growths, ulcers, bleeding, and muscle spasms.

For the procedure, you will lie on your left side on the examining table. You will probably be given pain medication and a mild sedative to keep you comfortable and to help you relax during the exam. The physician will insert a long, flexible, lighted tube into your rectum and slowly guide it into your colon. The tube is called a colonoscope (koh-LON-oh-skope). The scope transmits an image of the inside of the colon, so the physician can carefully examine the lining of the colon. The scope bends, so the physician can move it around the curves of your colon. You may be asked to change position occasionally to help the physician move the scope. The scope also blows air into your colon, which inflates the colon and helps the physician see better.

If anything unusual is in your colon, like a polyp or inflamed tissue, the physician can remove a piece of it using tiny instruments passed through the scope. That tissue (biopsy) is then sent to a lab for testing. If there is bleeding in the colon, the physician can pass a laser, heater probe, or electrical probe, or inject special medicines, through the scope and use it to stop the bleeding.

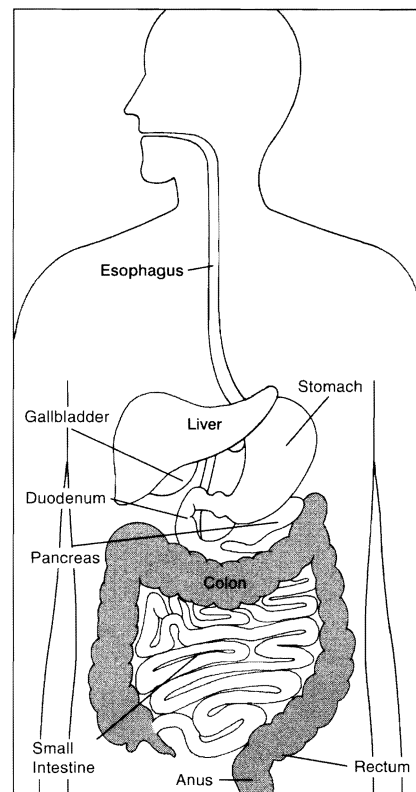
Bleeding and puncture of the colon are possible complications of colonoscopy. However, such complications are uncommon.

Colonoscopy takes 30 to 60 minutes. The sedative and pain medicine should keep you from feeling much discomfort during the exam. You will need to remain at the physician's office for 1 to 2 hours until the sedative wears off.

### Preparation

Your colon must be completely empty for the colonoscopy to be thorough and safe. To prepare for the procedure you may have to follow a liquid diet for 1 to 3 days beforehand. A liquid diet means fat-free bouillon or broth, Jell-O®, strained fruit juice, water, plain coffee, plain tea, or diet soda. You may need to take laxatives or an enema before the procedure. Also, you must arrange for someone to take you home afterward—you will not be allowed to drive because of the sedatives. Your physician may give you other special instructions.

### The Digestive System



### Your physician has fact sheets on other diagnostic tests:

- ERCP
- Upper Endoscopy
- Lower GI Series
- Upper GI Series
- Sigmoidoscopy



U.S. DEPARTMENT  
OF HEALTH AND  
HUMAN SERVICES  
National Institutes  
of Health

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# Endoscopy Procedures



Your procedure has been scheduled at Mission Hospital, Endoscopy/GI Lab  
**27700 Medical Center Road, Mission Viejo.**

To make your visit as smooth as possible, we encourage you to pre-register online at **Mission4Health.com** or by calling **(949) 364-1400, ext. 1810**. If a registrar is unavailable, please leave a voicemail and your call will be returned.

**PLEASE ARRIVE ONE HOUR BEFORE YOUR PROCEDURE** at the Endoscopy/GI Lab. To find the Endoscopy/GI Lab, please enter the hospital campus on Medical Center Road, through the Emergency Department driveway.

- › Proceed toward the Swenson Family Pavilion Endoscopy/GI building.
- › Security will open the gate and allow you to proceed to the drop-off area. You may park at the Mission Parking Structure 2 on your left.

You may find more detailed directions to Mission Hospital and a campus map on our website **Mission4Health.com/patient** or with our **Find My Way** app at **Mission4Health.com/findmyway**.

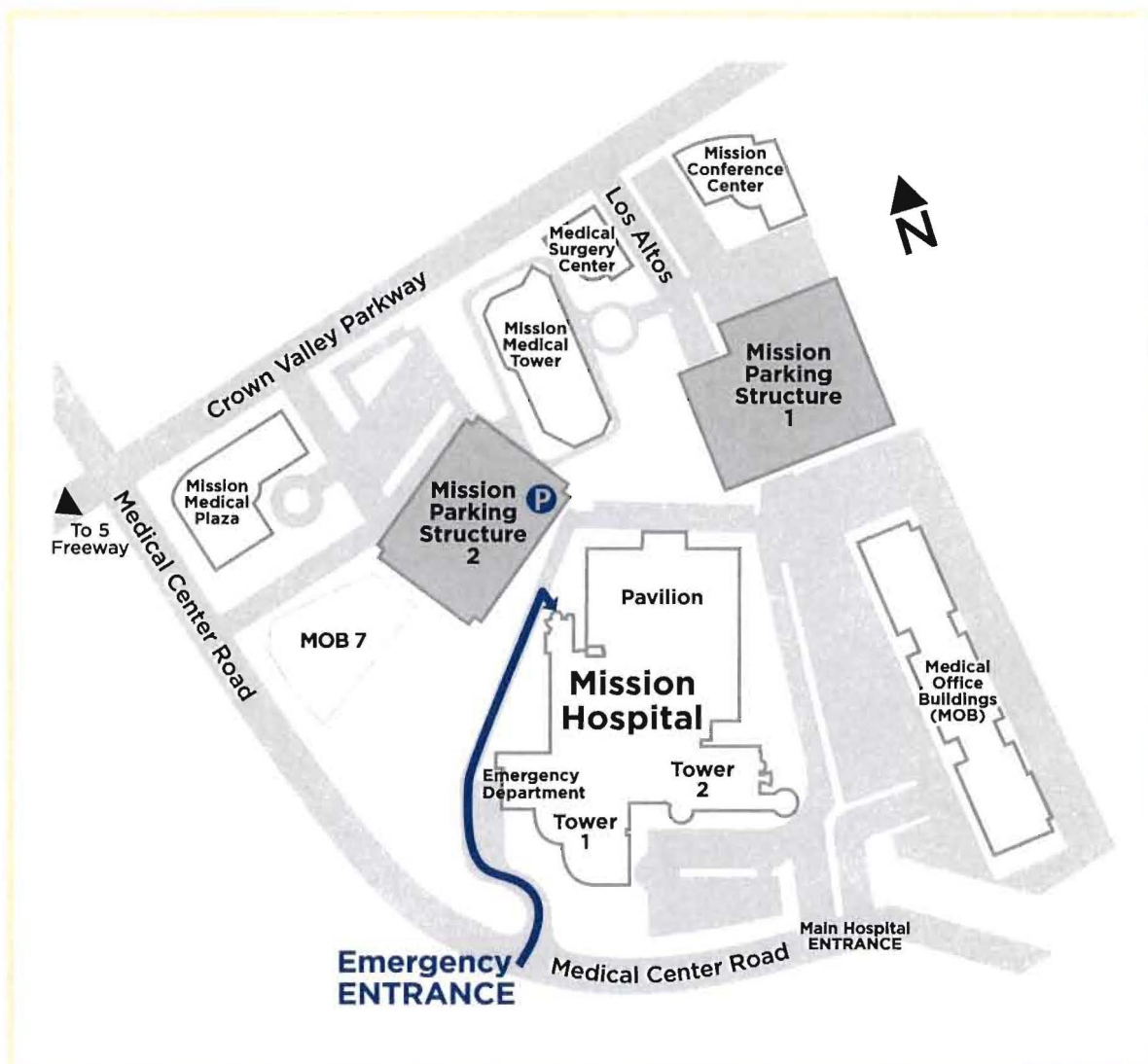
## **PRE-PROCEDURE REMINDERS:**

- › Please complete your bowel prep as instructed by your doctor.
- › Discuss with your doctor any medications you may be taking on a regular basis.
- › Do not bring any valuables (including jewelry) or wear contact lenses.
- › Please bring your insurance card and driver's license or another form of picture identification.

## **TO ENSURE YOUR SAFETY:**

- › You will receive medications that will sedate you, and it will not be safe for you to drive for 24 hours after your procedure.
- › Driving yourself home after the procedure is **NOT** allowed.
- › You will need a driver to take you home and have a responsible person stay with you.

**MAP ON BACK ›**



To get to the Endoscopy Lab, enter through the Emergency Department driveway entry. Then proceed toward the Swenson Family Pavilion Endoscopy/GI building past the gate.

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- Televisit consultation with physician
- Access our Patient Portal



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- Statements
- E-Payment
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