

INSTRUCTIONS FOR COLONOSCOPY

(USING SUPREP LAXATIVE)

(OBTAIN ONE KIT OF SUPREP AT ANY PHARMACY. A PRESCRIPTION IS REQUIRED.)

For Suprep Coupon: Visit www.Suprep.com

READ ALL INSTRUCTIONS CAREFULLY

REPORT TO the 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 or Plavix**, please consult your doctor. You may need to stop these medications for at least 5-7 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)

- Pour once 6-ounce bottle of SUPREP into the mixing container provided with the kit. Add cool drinking water to the 16-ounce line on the container and mix.
- Drink ALL the liquid in the container.
- You MUST drink two (2) more 16-ounce containers of water over the next hour. Drink more if desired.

5) **Day of Examination**

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

- Repeat the same instructions as mentioned above for the prior evening dose, using the other 6-ounce bottle of SUPREP.
- You MUST drink two (2) more 16-ounce containers of water over the next hour. Drink more if desired.
- **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.
- **Arrive for Colonoscopy at your scheduled time.**

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 SUPREP. This is to decrease the chance of your pills 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 half an hour 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.

At least 2 days PRIOR to the procedure
Call Mission Hospital at 949-364-1400, Ext. 1810 to PREADMIT

Colonoscopy



National
Institute of
Diabetes and
Digestive
and Kidney
Diseases

National
Digestive
Diseases
Information
Clearinghouse

2 Information Way
Bethesda, MD
20892-3570

Tel:
(301) 654-3810

Fax:
(301) 907-8906

E-mail:
nddic@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.

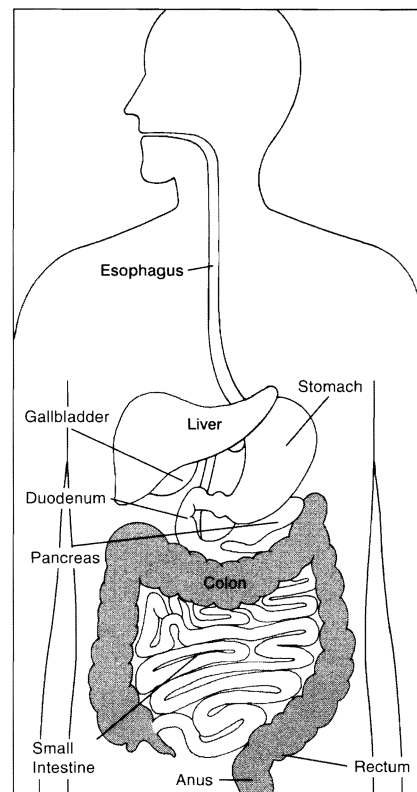
Bleeding and puncture of the colon are possible complications of colonoscopy. However, such complications are uncommon.

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



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HUMAN SERVICES
National Institutes
of Health

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June 1998

Campus MAP

Mission Conference Center

26726 Crown Valley Parkway

Medical Office Buildings 1,2,3

27800 Medical Center Road

CHOC Children's at Mission Hospital

27700 Medical Center Road
5th Floor of Tower 1

Mission Medical Plaza

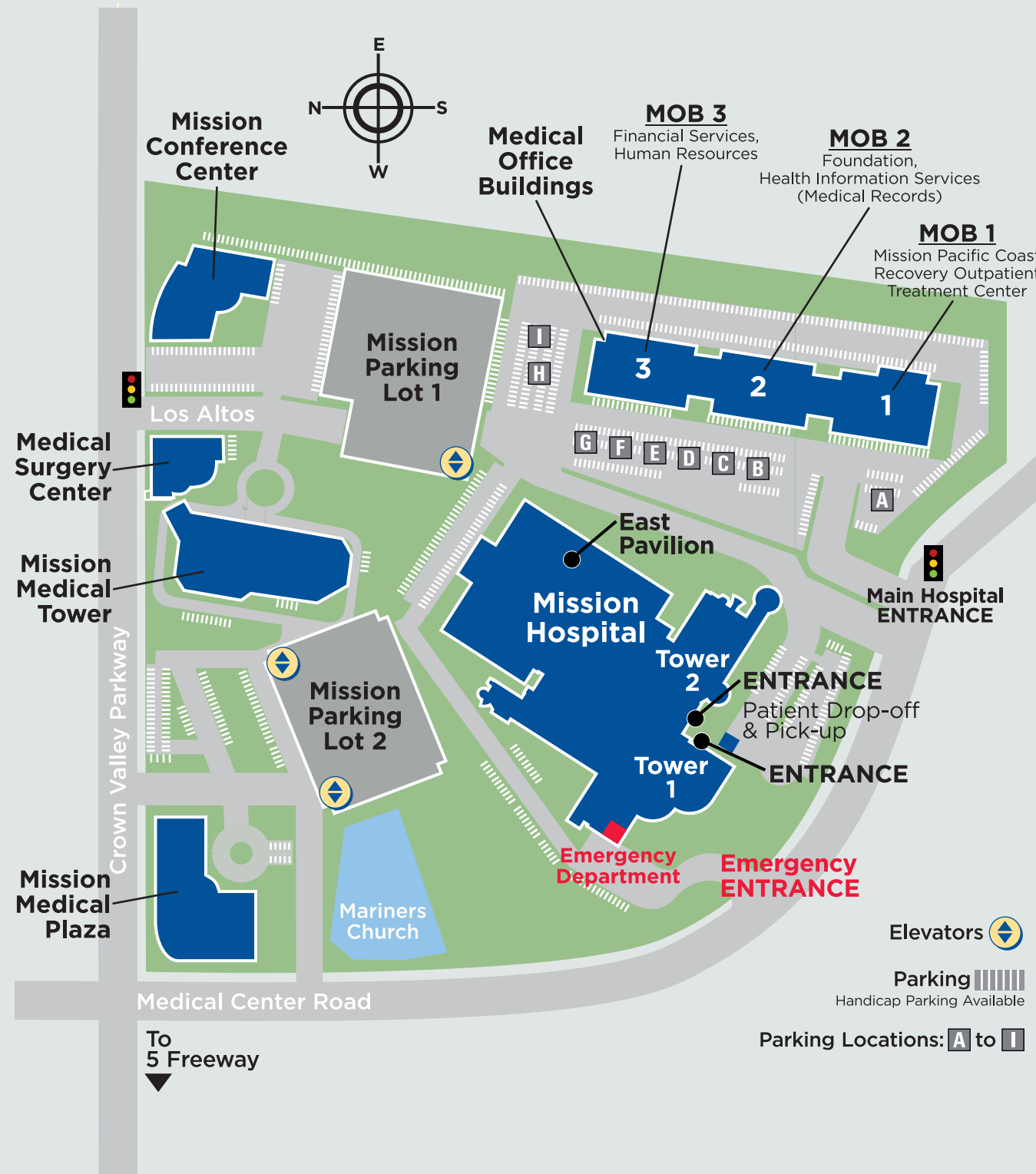
26800 Crown Valley Parkway

Mission Medical Tower

26732 Crown Valley Parkway

Mission Surgery Center

26730 Crown Valley Parkway



Important Numbers

Billing / Credit and Collections
(800) 378-4189

CHOC Children's at Mission Hospital
(949) 347-8400

Health Information Services
(Medical Records)
(949) 364-7724

Interpreter Services
(949) 364-1400, ext. 0

Main Number
(Operator)
(949) 364-1400

Find a Physician/Class Information
(877) 459-3627

Security
(949) 364-1400, ext. 5000

St. Joseph Health 

Mission Hospital

A member of the St. Joseph Hoag Health alliance

27700 Medical Center Road
Mission Viejo, CA 92691
mission4health.com

103/GT/BM/0415

Campus MAP



St. Joseph Health 

Mission Hospital

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Mission Hospital

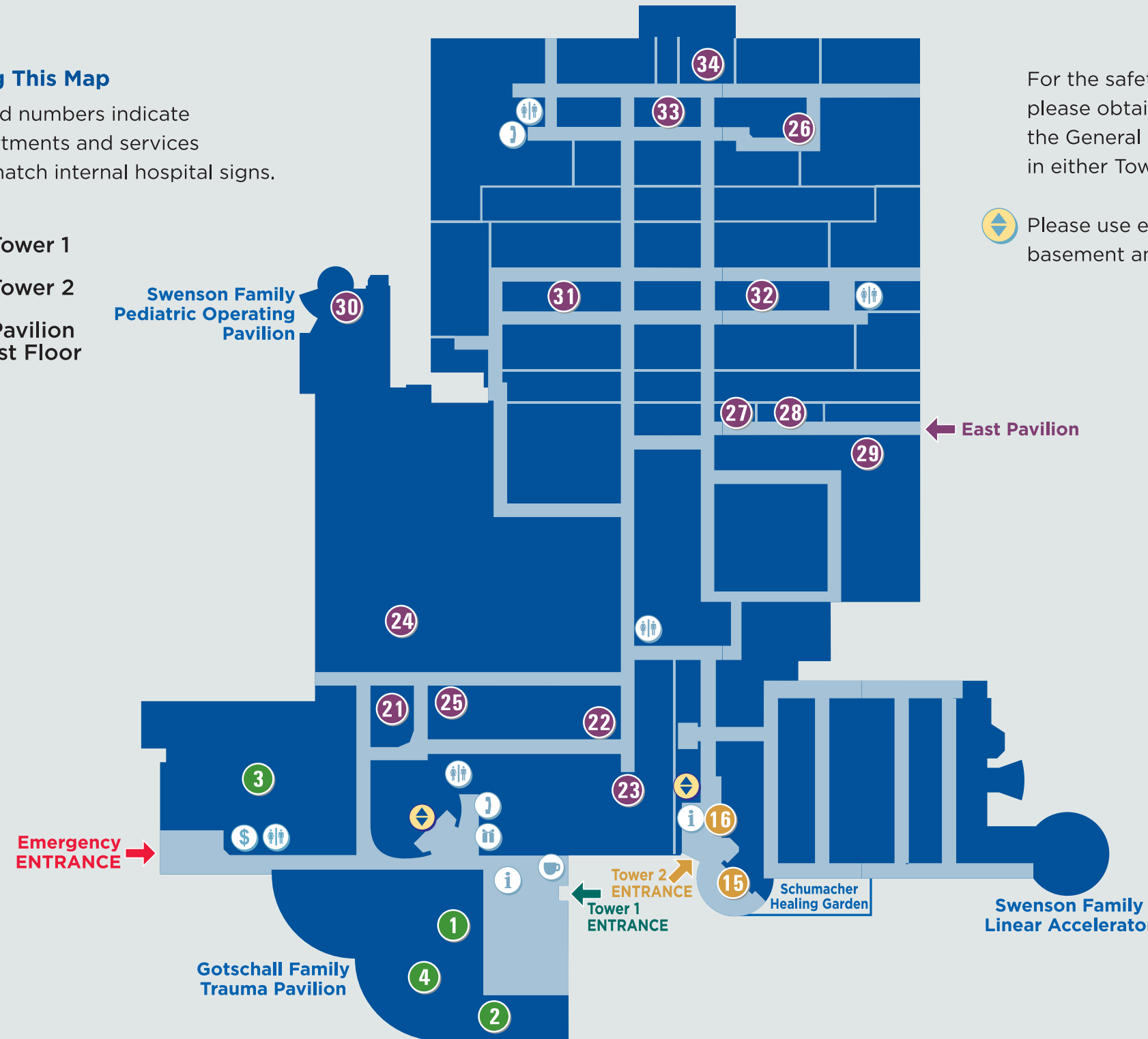
Patient Rooms

- 1 Main Registration
- 2 Outpatient Testing
- 3 Emergency Department
- 4 CHOC Children's at Mission Hospital
- 15 Chapel and Schumacher Healing Garden
- 16 Mission Advanced Imaging Center
- 21 Surgery Waiting Room
- 22 Film Library
- 23 Crean Cardiovascular Lab
- 24 Surgery Pre-Op / Post-Op
- 25 Surgery Pre-Op Waiting Room
- 26 Cardiology
- 27 Blood Donor Services
- 28 EEG / Pulmonary Lab
- 29 Endoscopy / GI
- 30 Swenson Family Pediatric Operating Pavilion
- 31 Medical Telemetry Unit
- 32 Acute Rehabilitation Unit
- 33 Same Day Care Unit Waiting Room
- 34 Nuclear Medicine

Using This Map

Circled numbers indicate departments and services and match internal hospital signs.

- # Tower 1
- # Tower 2
- # Pavilion 1st Floor



For the safety of your loved one, please obtain a visitor badge at the General Information **i** desk in either Tower 1 or Tower 2.

Please use elevators to access basement and upper floors.

- i** General Information
- Restrooms
- Coffee Cart
- ATM
- Public Elevators
- Gift Shop
- Telephone

TOWER 1

Basement

Garden Café

2nd Floor

Bender Birthing Suites 1 – 16
 Obstetrics High Risk Suites 17 – 21
 Moiso Mother-Baby Suites 255 – 277

3rd Floor

Family Lounge / Resource Library
 Oncology/Medical Unit 3 West 301 – 327
 Surgical Unit 3 East 351 – 377

4th Floor Muldoon Cardiac Center

Cardiac Telemetry Unit 401 – 427
 Cardiac Intensive Care Unit 1 – 28

5th Floor CHOC Children's at Mission Hospital

Neonatal Intensive Care Unit
 Pediatrics Short Stay Unit 501 – 516
 Pediatric Intensive Care Unit
 Ronald McDonald Family Room

TOWER 2

Neuroscience & Spine Institute

2nd Floor

Pre-Op and Post-Op Surgery

3rd Floor Zimmer Neuroscience Wing

Surgical Intensive Care Unit (SICU) 1 – 21

4th Floor

Progressive Care and Stroke Unit
 (PCSU) 2-401 – 2-425

PAVILION

31 Medical Telemetry Unit

Medical Telemetry Unit 130 – 149

32 Acute Rehabilitation Unit

Acute Rehabilitation Unit 104 – 114

33 Same Day Care Unit

Same Day Care Unit 151 – 170