

## **PAUL J. SPINKA M.D.**

Gastroenterology & Hepatology

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### **INSTRUCTIONS FOR COLONOSCOPY (SU-PREP)**

YOUR PROCEDURE WILL BE DONE AT THE FACILITY YOUR E-MAIL LISTED  
(PLEASE NOTE LOCATION PROVIDED FROM E-MAIL THAT WAS SENT BY OFFICE):

\_\_\_\_\_ Court Street Surgery Center  
2184 Court Street  
Redding, CA 96001  
(530) 246-4444

\_\_\_\_\_ Shasta Regional Medical  
1100 Butte Street  
Redding, CA 96001  
(530) 244-5121

\_\_\_\_\_ Redding Endoscopy Center  
2179 Court Street  
Redding, CA 96001  
(530) 246-7000

\_\_\_\_\_ Mercy Medical Center  
2175 Rosaline Ave  
Redding, CA 96001  
(530) 225-7900

- You will be at the facility for 2-2 1/2 hours from arrival to discharge.
- **You MUST have a driver due to the sedatives given during the procedure. Rideshares like a Taxi, Bus, Uber or Lyft are not acceptable and cannot be used. If using a Medical Transport, someone has to be home at your arrival and be available with you for the remainder of the day if the Surgery Center needs to call and speak to them.**
- You cannot work or drive the day of the procedure. You can resume your normal schedule the following day.

**IF YOU ARE TAKING ANY BLOOD THINNING MEDICATIONS SUCH AS WARFARIN (COUMADIN), PLAVIX (CLOPIDOGREL), ELIQUIS (APIXABAN), BRILINTA ETC, PLEASE CONTACT OUR OFFICE FOR INSTRUCTIONS AS SOON AS POSSIBLE TO AVOID HAVING YOUR PROCEDURE CANCELLED OR RESCHEDULED.**

This examination allows your doctor to directly view the walls of the colon, (large intestine), so they may know of any disease process present. It is done only after consideration of all factors for your best interest. Often abnormalities, which cannot be seen on x-ray, can be seen here. Removal of a polyp(s) (small growth in the large intestine) by Colonoscopy avoids major surgery and causes much less discomfort. Cancer, inflammatory bowel diseases, and diverticulitis can be seen and evaluated.

#### **WHAT IS THE PROCEDURE?**

Medications are administered by IV to help you relax and make the exam as comfortable as possible. General anesthesia is not used for the exam. The instrument used (colonoscope) is a long flexible rubber tube containing a light and lens for excellent viewing. If removal of a polyp(s) is necessary, it is painless and takes only a few minutes. The entire procedure will last about 30 minutes. After 30 minutes of resting you will be alert enough to leave, but **YOU MUST HAVE A DRIVER. YOU MAY NOT DRIVE UNTIL THE FOLLOWING DAY.**

## HOW DO YOU PREPARE FOR THE PROCEDURE?

Cleaning out the large intestine is extremely important. Su-Prep is a mixture of a medication and water that causes the intestine to empty very well. Please follow the instructions on the back of this sheet for preparing for the procedure.

## DIRECTIONS FOR COLONOSCOPIC EXAMINATION

- **NO VEGETABLES/FRUITS WITH SEEDS OR SKIN FOR 48 HOURS PRIOR TO THE EXAM.**
- **START DRINKING THE PREP THE DAY BEFORE THE EXAMINATION.**

### MORNING OF THE DAY PRIOR TO THE COLONOSCOPY:

- You may have a light breakfast before 9 AM. Black coffee, tea, bouillon, eggs, toast. No meat or dairy.
- **Nothing solid after 9 AM.**

### LUNCH/ DINNER OF THE DAY PRIOR TO THE COLONOSCOPY:

- Clear Liquid diet:  
Black coffee (no milk or creamer), tea, soft drinks, water, gelatin, fruit juice popsicles, clear hard candy, bouillon, consommé, fat free broth and fruit juices without pulp. DO NOT EAT OR DRINK ANYTHING THAT IS COLORED RED, PURPLE OR ORANGE.

### BETWEEN 4-6 PM THE DAY BEFORE YOUR APPOINTMENT:

1. Pour one 6 oz. bottle of Su-Prep liquid into the mixing container and fill to the top of the container with cool water. (16 oz. total)
2. Drink all liquid in the container.
3. Drink TWO additional 16 oz. glasses of water over the next 1 hour.  
You may find it easier to drink it rapidly rather than sipping on the solution. It is okay to drink sips of water between glasses. After finishing entire prep, you must remain on clear liquids, but may have as much as you would like. **DO NOT EAT ANYTHING SOLID.**

### THE MORNING OF YOUR APPOINTMENT (5 HOURS BEFORE YOUR EXAM):

1. Mix the second 6 oz. bottle of Su-Prep into the mixing container and fill to the top of the container with cool water. (16 oz. total)
2. Drink all liquid in the container.
3. Drink TWO additional 16 oz. glasses of water over the next hour.
4. YOU CAN DRINK SIPS OF WATER UP UNTIL 2 HOURS PRIOR TO THE EXAM.  
IF YOU ARE HAVING AN AFTERNOON APPOINTMENT YOU MAY HAVE A CLEAR LIQUID BREAKFAST AT LEAST 4 HOURS PRIOR TO THE EXAM. DO NO EAT ANYTHING SOLID.

**IF YOU ARE TAKING BLOOD THINNING MEDICATIONS, SUCH AS COUMADIN, PLAVIX, WARFARIN, BRILINTA, PLEASE CONTACT OUR OFFICE AT LEAST ONE WEEK PRIOR TO YOUR APPOINTMENT SO WE CAN CLEAR POSSIBLY STOPPING MEDS THROUGH YOUR CARDIOLOGIST. ALL OTHER MEDICATIONS SHOULD BE TAKEN WITH A SMALL AMOUNT OF WATER PRIOR TO YOUR COMING TO YOUR PROCEDURE.**

**You could receive a bill from the Doctor, the Facility and possibly the laboratory if biopsies are taken during your procedure.**