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INSTRUCTIONS FOR COLONOSCOPY (SU-TAB)

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-Tab is a tablet form of a medication taken with 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. Open one bottle of 12 tablets. Fill the provided container with 16 ounces of **water** (up to the fill line). Swallow each tablet with a drink of water and drink the remaining amount of water over the next 15-20 minutes. All 12 pills must be taken in this 15-20 minute period.
2. ONE HOUR LATER- Fill the provided container with 16 ounces of water (up to the fill line). Drink the 16 ounces of water over the next 30 minutes.
3. 30 MINUTES AFTER FINISHING PREVIOUS STEP- Fill the provided container with 16 ounces of water (up to the fill line). Drink the 16 ounces of water over the next 30 minutes.
4. After finishing the prep, you must remain on clear liquids, but may have as much as you would like. **DO NOT HAVE ANYTHING SOLID.**

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

1. Open one bottle of 12 tablets. Fill the provided container with 16 ounces of **water** (up to the fill line). Swallow each tablet with a drink of water and drink the remaining amount of water over the next 15-20 minutes. All 12 pills must be taken in this 15-20 minute period.
2. ONE HOUR LATER- Fill the provided container with 16 ounces of water (up to the fill line). Drink the 16 ounces of water over the next 30 minutes.
3. 30 MINUTES AFTER FINISHING PREVIOUS STEP- Fill the provided container with 16 ounces of water (up to the fill line). Drink the 16 ounces of water over the next 30 minutes.
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 NOT EAT ANYTHING SOLID.

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

Please contact the office with any questions.