

Juan Jose Pineda, M.D.
210 Portland Street, Ste. 104
Columbia, MO 65201
573-876-1788

Patient Name: _____

Date: _____

Time: _____

Location:
(circle one)

Columbia Endoscopy Center

(Dr. Pineda is a co-owner of this facility)

208 Portland St.
Columbia, MO 65201
573-449-3500

(See last page for directions.)

Boone Hospital Center

1600 E. Broadway
Columbia, MO 65201
573-815-6344

(Go to the 3rd floor of the Center for Advanced Medicine.)

PLEASE BE ADVISED:

We will call your insurance company regarding pre-certification. However, pre-certifying a procedure does not mean that it will be paid by your insurance company. All insurance plans are different. If your procedure is being done as a *routine* screening (no signs or symptoms present) for colon cancer/polyps, I strongly encourage YOU to contact your insurance company to find out what type of coverage you have, if any, for preventative services. You will receive a bill for any services not covered/paid by your insurance company.

PLEASE READ THE ATTACHED INSTRUCTIONS CAREFULLY!

If you have any questions, please do not hesitate to call our office.

SUPREP Bowel Prep Kit

IT IS IMPORTANT TO FOLLOW THESE DIRECTIONS!

FIVE TO SEVEN DAYS BEFORE THE TEST:

1. **Stop** taking all blood-thinning medications such as **Coumadin, Heparin, Ibuprofen, or aspirin-containing products.**
2. Stop taking all medications that contain Iron until your Colonoscopy is completed.
3. Continue any other medications you normally take.
4. For females: If you have started your menstrual period, it is still OK to do the Colonoscopy.

THE DAY BEFORE YOUR COLONOSCOPY:

- ✓ Clear liquids **ONLY** all day the day before. Clear liquids include soda, (Coke, Pepsi, are all OK), tea, black coffee (no cream), soup broth, popsicles, jell-o. **AVOID** red or purple liquids, milk, yogurt, and alcoholic beverages.
- ✓ Early evening- pour the contents of one bottle of SUPREP into the mixing container provided. Fill the container with water to the 16 oz. fill line, and drink the entire amount.

Drink 2 additional containers (32 oz.) filled to the 16 oz. line with water over the next 1 hour.

THE MORNING OF YOUR COLONOSCOPY:

- ✓ Three hours before leaving for your procedure, pour the contents of one bottle of SUPREP into the mixing container provided. Fill the container with water to the 16 oz. fill line, and drink the entire amount.
- ✓ Drink 2 additional containers (32 oz.) filled to the 16 oz. line with water over the next 1 hour.
- ✓ *It is important that you have nothing by mouth for the 2 hours prior to your procedure!*

Dress comfortably. You may wish to bring a change of clothes in case of soiling the ones you are wearing. **BRING AN UPDATED LIST OF YOUR MEDICATIONS AND YOUR INSURANCE CARDS.**

You **CANNOT DRIVE** the day of the procedure so **please arrange for a driver to bring you or pick you up** and you cannot return to work that day. Also, we recommend you not stay alone after the exam. All this is because of the sedatives you will receive during the procedure to help minimize pain and discomfort. The total time at the Endoscopy Center or Hospital will be approximately 1-3 hours.

AFTER ARRIVING AT THE ENDOSCOPY CENTER OR HOSPITAL:

After arriving, check in at the registration desk. Have **insurance cards ready** for receptionist. A nurse will then bring you back into the Endoscopy Suite where they will have you change into a gown, get your vital signs, medical history and **medication list** and have you sign a consent allowing Dr. Pineda to perform the procedure. The nurse will also start an IV in your arm for sedatives you will receive once in the procedure room. Prior to the procedure an Anesthesiologist and/or nurse anesthetist will go over the sedation you will receive and ask you questions relating to this. Once in the procedure room, Dr. Pineda will greet you and ask you any pertinent questions relating to your condition, etc. and soon after you will be put to sleep by the nurse anesthetist. The procedure can last anywhere from 10 minutes to 30 minutes. Once finished, you will return to the Recovery Area to awaken and within 15 to 20 minutes Dr. Pineda or a nurse will be giving you and/or your family member/driver the results of your Colonoscopy. Before leaving the Center or Hospital you will be given discharge instructions regarding activity, diet, IV site care and follow-up.

Within *two to four* working days after your procedure the **results** of any pathology (i.e. polyps, biopsies, etc.) will be forwarded to our office. You may call for your results and Dr. Pineda or staff will return your call. A copy of your Colonoscopy report and any pathology results will be forwarded to your referring Physician.

If you have **any questions** concerning the Colonoscopy or these directions, please do not hesitate to call Dr. Pineda's office at 573-876-1788 *or the facility at which your procedure is to be performed*. If it is after normal office hours, please follow the instructions on the answering machine at that facility to contact Dr. Pineda or the Physician on call for him.