

**** Please READ FIRST ****

Important Information about your COVID-19 Test and Procedure

To keep you safe, there are procedures and policies we have added to our normal preparation. The first safety measure is that you must be tested for COVID-19 infection **3 days (72-hours) prior to the date of your GI procedure**. You will be scheduled for your COVID test at the time of scheduling your procedure appointment. If you do not have a scheduled COVID test, please go to NorthShoreConnect to schedule or call 888-364-6400. It is important that you go for your test on the specific day you are scheduled.

Below is a guide when you should get the COVID test.

Surgery/Procedure day	COVID Testing Date
Monday	Friday before surgery
Tuesday	Saturday before surgery
Wednesday	Sunday before surgery
Thursday	Monday before surgery
Friday	Tuesday before surgery
Saturday	Wednesday before surgery
Sunday	Friday before surgery *(2 days prior)

If you miss your testing time, it may impact the ability to proceed with your scheduled procedure. **Immediately following your COVID-19 test and continuing to the date of your GI procedure, you must quarantine in your home and isolate yourself from others within your home.** You should try to stay in a specific room and away from other people in your home. If interaction is necessary, maintain six feet from other household members. You should not go to work, school, or public areas during this time.

COVID-19 Testing Facility and Hours of Operation

Your COVID-19 test needs to be completed at:

**Glenbrook Ambulatory Care Center
2180 Pfingsten Road, Glenview**

Hours of operation:

**Monday, Tuesday, and Friday: 8:00am to 4:30pm
Thursday: Closed
Wednesday, Saturday, and Sunday: 8:00am to 2:00pm**

We encourage you to visit www.northshore.org for updates to the hours of operation before visiting the site. **You will need to bring photo identification with you.**

Please be advised that there may be a wait.

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I. Prior to arriving for the COVID-19 Test

Be sure that you have an appointment for the COVID test.

If you are **active on NorthShore Connect**: A message indicating you are eligible for COVID testing was sent to your NSC Inbox/Message Center. When you arrive on site, please be prepared to show this message on your mobile device (you can download the NSC app from the Apple App Store or Google Play) or bring a printed copy of the message to the testing facility.

If you are **inactive or do not have a NorthShore Connect**: Upon arrival at the testing facility, please inform the staff that you have an appointment for pre-procedure testing. The staff will verify that you have a testing appointment scheduled. This information is in our Electronic Medical Record prior to testing.

Please arrive at your designated appointment time.

II. At COVID-19 Test Facility (2180 Pfingsten Road)

- Follow the directional signs and staff instructions.
- The testing process involves staff inserting a swab into your nose and/or throat.
- You will receive results via NorthShoreConnect or via telephone call in approximately 1-2 days.

III. When Arriving for Your GI Procedure / Visitor Guidelines

There will be additional steps taken for your safety when you come to the GI location for your procedure:

- Please arrive 30 minutes before the GI procedure.
- Patients presenting for their GI procedures should check in alone if possible.
- If you require a companion to check in, only one person will be allowed to accompany you. This person will be asked to wear a mask and will be asked to wait in their car until the procedure is completed at which time we will call them and ask them to return and pick you up. In rare instances, if the companion is unable to wait in their car, the companion will undergo the screening, and if they pass the screening, will be allowed to wait in the waiting room with their mask on for the duration of the procedure.
- Wear a face covering upon arrival. All staff will be wearing masks for your protection as well. If you do not have a mask, we will provide you with one.
- Prior to entering the GI location, your temperature will be checked, and you will need to answer several COVID-19 screening questions.

Possible Procedure Date Changes to Comply with Illinois Safety Guidelines

There is a possibility that our plan for your GI procedure could change. Your NorthShore GI care team is operating within the safety guidelines from Governor Pritzker and the Illinois Department of Public Health. If circumstances change, there may be a need to reschedule. Any future change to this plan would be done for your safety.

Colonoscopy Prep Instructions: Plenvu Split Dose

Please read these instructions one week prior to your procedure.

What is a colonoscopy? A colonoscopy is a procedure that enables your physician to examine the lining of the colon for abnormalities by inserting a flexible tube into the anus and advancing it slowly into the rectum and colon.

When should I arrive and how long will the procedure take? Please arrive at the GI Lab 30 minutes prior to your procedure so nursing, anesthesia (if applicable), and physician can evaluate and prepare you for your procedure. Plan to spend approximately 1 ½-2 hours at the GI Lab.

Please note: The time your procedure is scheduled is our best estimation as to when your procedure will begin. Circumstances may arise (i.e. emergent cases) that may change the scheduled time. We will do our best to notify you of any changes in the schedule.

GI Lab Locations

Evanston Hospital	2650 Ridge Ave.	Room 1134	Evanston, IL 60201	847-570-2236
Glenbrook Hospital	2100 Pfingsten Rd.	1 st Floor	Glenview, IL 60026	847-657-5780
Highland Park Hospital	777 Park Ave West	B345	Highland Park, IL 60035	847-480-2828
Highland Park Medical Group Gastroenterology	1777 Green Bay Rd.	Sutie 201	Highland Park, IL 60035	847-681-4229
Skokie Hospital	9600 Gross Point Rd.	1 st Floor	Skokie, IL 60076	847-933-6565
Vernon Hills Specialty Suites	225 N. Milwaukee Ave.	1 st Floor	Vernon Hills, IL 60061	847-941-7660

What should I do if I am a diabetic? Please contact your primary care physician (PCP) in regards to taking your diabetes medications prior to your procedure.

What should I do if I am on blood thinners or have a cardiac stent? If you have a cardiac stent or you are on a medication such as Coumadin, Plavix, Ticlid, Lovenox, Pradaxa, Xarelto or any other blood thinner, please contact your prescribing physician to determine whether you should discontinue this medication prior to the procedure. Please notify our office if you are advised not to stop one or more of these medications. It is OK to continue aspirin or other NSAIDs (Advil, Aleve, Ibuprofen, etc) prior to your procedure.

What should I do if I have a heart defibrillator or pacemaker? Your device must be checked within 6 months of your scheduled procedure. If it has not been checked at a NorthShore facility, please bring documentation on the day of your procedure confirming that it has been checked at another facility.

If you have a defibrillator or pacemaker, please contact the GI Lab prior to your scheduled procedure.

- Glenbrook GI Lab: (847) 657-5780

- Evanston GI Lab: (847) 570-2236
- Highland Park GI Lab: (847) 480-2828
- Ravinia GI Lab: (847) 681-4229
- Skokie GI Lab: (847) 933-6565
- Vernon Hills GI Lab: (847) 941-7660

My Plenvu dosing – Dose 1

DATE: _____
 TIME: _____ (12 hours before Dose 2)

Dose times MUST be 12 hours apart.

My Plenvu dosing – Dose 2

DATE: _____
 TIME: _____ (5-6 hours before procedure)

1 DAY BEFORE COLONOSCOPY:

You will follow a clear liquid diet all day. No red or purple liquids. Only the following liquids are allowed:

Soups:	Clear bouillon, broth, or consommé.
Beverages:	Tea, coffee, decaffeinated tea/coffee, kool-aid, gatorade, clear carbonated beverages such as 7UP, Sprite or ginger ale. DO NOT put any milk or cream product in your tea or coffee.
Juices:	Apple, white grape juice, strained lemonade, limeade, orange drink, Crystal Light. Any juice you can see through and has no pulp is acceptable.
Dessert:	Water ices, Italian ices, popsicles, JELL-O, hard candy.

- **STEP 1:** Dose times must be 12 hours apart. 12 hours before Dose 2, take Dose 1, drinking it slowly over 30 minutes- followed by 500ml of clear fluids over the next 30 minutes
- **STEP 2:** Continue to drink plenty of fluids the rest of the day. **DO NOT eat or drink anything after midnight except your morning dose of Plenvu and clear fluids as directed.**

What should I expect after starting the bowel preparation? You will begin having multiple watery bowel movements. Initially, you may feel slightly bloated but will become more comfortable as you continue to have bowel movements. Diarrhea may continue after you finish drinking the solution.

THE DAY OF YOUR PROCEDURE:

DO NOT eat or drink anything except the morning dose of Plenvu and clear fluids as directed. Completing the AM Plenvu dose is essential to optimize visualization of the colon.

- **STEP 1:** 5-6 hours before your procedure time, take Dose 2, drinking it slowly over 30 minutes – followed by 500ml of clear fluids over the next 30 minutes. Continue to drink plenty of clear liquids
- **STEP 2:** Stop drinking Plenvu and clear fluids 2 hours before your procedure.
 - *Note: If drinking rapidly causes stomach upset, you can drink the fluid more slowly, but should plan to finish the solution. Drinking with a straw may help with the taste. Try sucking on a lemon drop between glasses. If you cannot complete the prep or vomit, please call our office at (847) 657-1900 to speak with one of our doctors.*

What should I expect after starting the bowel preparation? You will begin having multiple watery bowel movements. Initially, you may feel slightly bloated but will become more comfortable as you continue to have bowel movements. Diarrhea may continue after you finish drinking the solution.

Should I take my medications on the morning of the procedure? If you take heart or blood pressure medication, you should take it on the morning of the procedure with a small sip of water. Other medications can be taken following the procedure unless otherwise instructed by your doctor.

Tips:

- Try to drink plenty of clear fluids as indicated on the chart on Page 2
- You may find it easier to slowly drink your bowel preparation through a straw, and if it has been chilled in the fridge
- Petroleum jelly can help to prevent irritation and refrigerated wet wipes may feel more soothing than toilet paper
- Whilst taking Dose 1 and 2 of Plenvu, if you experience severe bloating, abdominal swelling or pain, it is recommended you slow down intake until these symptoms have subsided

Things to Remember:

- An adult **must** be available to accompany you home in a timely manner after completion of your procedure; typically this is 2-3 hours after your procedure start time. If you plan to take public transportation (i.e. taxi, train, Uber, or Lyft), you will need to arrange for an adult to accompany you.
- Sedation is used during the procedure and it will be unsafe for you to drive or operate any machinery for the remainder of the day.
- If you wear contact lens, **do not** wear them the day of your procedure. Please bring your glasses.

- You will not be able to return to work the day of your procedure. You should not make any important decisions for the remainder of the day.
- If you need to talk with a nurse, or cancel your procedure, please contact our office at (847) 657-1900. If you must cancel your procedure, please notify our office at least one week prior to your scheduled procedure date.

Colonoscopy Insurance Coverage Information You Should Know

You are scheduled for a colonoscopy, an examination of the colon (large intestine) with a lighted flexible scope. During the colonoscopy, if an abnormality is seen, it is biopsied at that time. A biopsy involves removing a portion or all of the abnormal area for processing and subsequent examination under a microscope.

Insurance companies treat a colonoscopy in different ways depending on your company's benefit plan. Please be aware that if your colonoscopy has been scheduled for a "screening" (meaning you have no symptoms with your bowels) and your doctor finds a polyp or tissue that has to be removed during the procedure, this colonoscopy is no longer considered a screening procedure. Your insurance benefits may change and your insurance policy may pay differently.

Please check with your insurance carrier to verify if you need pre-approval (or pre-certification) and that you understand your financial responsibility for the procedure prior to starting your colon cleansing preparation. There should be a number to call on the back of your insurance card. Depending on your insurance carrier, your procedure may be considered surgical and deductibles and co-pays may apply. Please contact your insurance carrier for additional information regarding your coverage.

For more information, please refer to the NorthShore website:

<https://www.northshore.org/gastroenterology/>

Division of Gastroenterology
Medical Group
NorthShore University HealthSystem