Important Information about your COVID-19 Test and Procedure

To keep you safe, there are procedures and policies we’ve 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.** It is really important that you go for your test on that specific day.

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

<table>
<thead>
<tr>
<th>Day of GI Procedure</th>
<th>Old Orchard Drive through testing</th>
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<tr>
<td>Monday</td>
<td>Friday before surgery</td>
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<td>Tuesday</td>
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If you miss this testing time, it may impact your 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 Drive-Through Facility and Hours of Operation**

Your COVID-19 test needs to be completed at NorthShore's drive-through testing facility, located at:

**9933 Woods Drive, Skokie**

The typical hours of operation are 8:30am–4:30pm Monday – Friday and 8:30am–2:00pm Saturday & Sunday. *(Please note: the hours of operation are subject to change and may be affected by weather including lightning in the area).* We encourage you to visit www.northshore.org/drive-through 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.

I. Prior to arriving for the Drive-Through COVID-19 Test

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If you are active on NorthShore Connect: A message indicating you are eligible for COVID drive through 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 of Google Play) or bring a printed copy of the message to the drive-through testing facility.

If you are inactive or do not have a NorthShore Connect: Upon arrival to the drive-through testing facility, please inform the staff that you are there for pre-procedure testing. The drive-through staff will verify this information in our Electronic Medical Record prior to testing.

II. At the Drive-Through COVID-19 Test Facility (9933 Woods Drive)
   - Follow the directional signs and staff instructions, and do not exit your car.
   - The testing process involves staff inserting a swab into your nose and/or throat.
   - You will receive results via NorthShoreConnect or phone 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 45 minutes before the GI procedure (NOT the pre-COVID 30 minutes).
   - 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 again.
   - Patients presenting for their GI procedures should check in alone if possible.
   - If you need 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.

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.

Instructions for Your EGD AND COLONOSCOPY
(WITH TRILYTE PREPARATION)

Please read these instructions one week prior to your procedure.

What is an EGD?
An EGD (Esophagogastroduodenoscopy or Upper GI Endoscopy) is performed to evaluate symptoms of persistent upper abdominal pain, nausea, vomiting or difficulty swallowing. It is also used to find the cause of bleeding from the upper GI tract and offer possible treatment.

What is a colonoscopy?
A colonoscopy is a procedure that enables your physician to examine the lining of the colon for abnormalities. A thin flexible tube with a tiny fiber-optic video camera is inserted into the anus and advanced 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 the procedure, so that nursing, anesthesia (if applicable) and the physician can evaluate you 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., emergencies, that may change the scheduled time. We will do our best to notify you as to any changes in the schedule.

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<tr>
<th>GI Lab Locations</th>
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<tr>
<td><strong>Evanston Hospital</strong></td>
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<tr>
<td><strong>Glenbrook Hospital</strong></td>
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<tr>
<td><strong>Highland Park Hospital</strong></td>
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<tr>
<td><strong>Highland Park Medical Group Gastroenterology</strong></td>
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<tr>
<td><strong>Skokie Hospital</strong></td>
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<tr>
<td><strong>Vernon Hills Specialty Suites</strong></td>
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What should I do if I am a diabetic?
Please ask your primary care physician (PCP) to instruct you regarding taking your diabetes medications prior to your colonoscopy.

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. 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 (847) 657-5780
Evanston (847) 570-2236
Highland Park (847) 480-2828
Skokie (847) 933-6565

❖ Seven days prior to the procedure:

- Pick up your prescription (TriLyte) from the pharmacy.
- Discontinue iron pills, Pepto Bismol and herbal supplements.
- If possible, do not eat seeds, nuts or corn for the week prior to the procedure.
- If you are concerned about nausea related to drinking large amounts of fluid for the bowel preparation, call our office (847) 657 1900 to request a prescription for an anti-nausea medication.
- Go online to http://www.my-emmi.com/northshore to watch a brief informational program on EGD and colonoscopy.
- Check with your insurance company to see if you need to be pre-certified before the procedure or if you need to get a referral from your primary care physician.

❖ On the Day Before Your Procedure:

- Prepare the TriLyte preparation according to the instructions and be sure to refrigerate it for use that evening.
- You will follow a clear liquid diet all day. No red or purple liquids. Only these items are allowed.

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At 5:00 PM, begin to drink the TriLyte solution over the next two hours as instructed. Drink 8 ounces every 10-20 minutes for a total of twelve 8 ounce glasses (3 liters). Containers may or may not have markings at 1, 2 and 3 liters on the side of the TriLyte container.

Save the Remaining 1 Liters of TriLyte Solution for Use in the AM

- 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.

On the Day of the Procedure:

- You should have nothing to eat or drink after midnight except the morning dose of TriLyte.
- Three hours before your appointment time (5AM for an 8AM procedure, 6 AM for 9AM procedure, etc); drink four additional 8-ounce glasses of TriLyte (one liter).
- No TriLyte during the two hours prior to your procedure. If you are concerned that drinking 1-2 liters of fluid in one hour will upset your stomach, start earlier than three hours before your procedure time because you cannot drink any of the bowel preparation in the two hours prior to your scheduled procedure.

Completing the AM TriLyte preparation is essential to optimize visualization of the colon.

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.

Special Instructions:

1. It is essential that someone 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, including taxi, train, Uber, or Lyft, you will need to arrange for an adult to accompany you.

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2. 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.

3. If you wear contact lens, please do not wear them the day of your procedure. Please bring your glasses with you.

4. You will not be able to return to work the day of the procedure.

5. You should not make any important decisions for the remainder of the day.

6. If you need to talk with a nurse, or cancel a procedure, please contact our Main 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 usually 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 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 note:

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.

** Please note that your procedure may be considered surgical by your insurance carrier and deductibles and co-pays may apply. Please contact your insurance carrier for additional information regarding your coverage.

For detailed information, please refer to the NorthShore.Org website at:

http://www.northshore.org/gastroenterology/

Division of Gastroenterology
Medical Group