** Please READ FIRST **

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>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Friday before surgery</td>
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<tr>
<td>Tuesday</td>
<td>Saturday before surgery</td>
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<td>Wednesday</td>
<td>Sunday before surgery</td>
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<td>Thursday</td>
<td>Monday before surgery</td>
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<td>Friday</td>
<td>Tuesday before surgery</td>
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<td>Wednesday before surgery</td>
</tr>
<tr>
<td>Sunday</td>
<td>Thursday before surgery</td>
</tr>
</tbody>
</table>

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

Revised July 2020
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 SIGMOIDOSCOPY

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 Sigmoidoscopy?
Flexible sigmoidoscopy is a diagnostic procedure used to screen for abnormalities in the sigmoid colon. This procedure examines the sigmoid colon (the lower third of the colon) using a lighted flexible scope that is inserted into the anus and advanced to the splenic flexure. It is possible to take biopsies during this procedure.

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.

GI Lab Locations

<table>
<thead>
<tr>
<th>GI Lab Location</th>
<th>Address</th>
<th>Room/Location</th>
<th>City, State Zip</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Evanston Hospital</td>
<td>2650 Ridge Ave.</td>
<td>Room 1134</td>
<td>Evanston, IL 60201</td>
<td>(847) 570-2236</td>
</tr>
<tr>
<td>Glenbrook Hospital</td>
<td>2100 Pfingsten Road</td>
<td>1st Floor</td>
<td>Glenview, IL 60026</td>
<td>(847) 657-5780</td>
</tr>
<tr>
<td>Highland Park Hospital</td>
<td>777 Park Ave West</td>
<td>B345</td>
<td>Highland Park, IL 60035</td>
<td>(847) 480-2828</td>
</tr>
<tr>
<td>Highland Park Medical Group Gastroenterology</td>
<td>1777 Green Bay Road</td>
<td>Suite 201</td>
<td>Highland Park, IL</td>
<td>(847) 681-4229</td>
</tr>
<tr>
<td>Skokie Hospital</td>
<td>9600 Gross Point Road</td>
<td>1st Floor</td>
<td>Skokie, IL 60076</td>
<td>(847) 933-6565</td>
</tr>
</tbody>
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Revised July 2020
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 Sigmoidoscopy.

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

❖ Several days prior to the procedure:

▪ Purchase two fleets enemas in any drug store or pharmacy without a prescription.

▪ 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.

❖ One day before Your Procedure

▪ Do not eat or drink after midnight the day before your procedure.

❖ On the Day of Your Procedure:

▪ Take 1st fleets enema 2 hours before you are to arrive at the GI Lab.

▪ Take 2nd fleets enema 1 hour before you are to arrive at the GI Lab. You should lie on your left side when giving yourself the enema. To get best results, try to hold it in for as long as possible (i.e. 5 minutes)

Special Instructions:

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1. It is essential that someone be available to accompany you home in a timely manner after your procedure; typically this is 2-3 hours after your procedure start time. If you plan to take public transportation, including taxi, train, Uber, and Lyft you will need to arrange for an adult to accompany you.

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 lenses please do not wear them the day of your procedure. Please bring your glasses.

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.