

**\*\* 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.

<b>Surgery/Procedure day</b>	<b>COVID Testing Date</b>
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](http://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.

## **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: Miralax/Gatorade and Bisacodyl Tabs

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

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

### 7 DAYS BEFORE COLONOSCOPY:

- Pick up Miralax (over the counter) and at least four Bisacodyl 5mg tablets (over the counter) from a pharmacy
- Please discontinue the following:
  - Any medication containing aspirin or other anti-inflammatory products (Tylenol is OK)
  - Iron pills and Pepto Bismol turn stools black
  - Herbal supplements
  - Vitamin E

### 1 DAY BEFORE YOUR PROCEDURE:

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. <b>DO NOT</b> 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** – At 1pm, take two Bisacodyl tabs. At 3pm, take the remaining two Bisacodyl tabs
- **STEP 2** – At 5pm, mix 255g of Miralax in 64oz of Gatorade. Shake solution until the Miralax is dissolved. Drink an 8oz glass every 10-15 minutes until the solution is gone.
  - *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.*

**DO NOT eat or drink anything after midnight.**

**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.