

Exceptional Care During Extraordinary Times



What to know before your procedure.

We're taking exceptional care to ensure your safety and that of our team members before, during, and after your scheduled procedure. Things may look a little different, but behind the masks are the same great people providing the same great care.



Pre-procedure testing: All patients will be tested for COVID-19 within 96 hours of their procedure.

- A member of our team will schedule a separate appointment for this test.
- You will receive information and instructions about your test.
- Results will be reported to you prior to your procedure. If your test is positive, your physician will call you to review next steps.



Reduced exposure to non-essential caregivers.

- Please follow instructions from our team members when you arrive, you may be asked to wait at the door before entry.
- At this time, your driver/escort is not permitted to wait in our facility. We will notify them by phone when you are ready to be discharged.
- Those providing interpretive services are allowed to accompany you.



Temperature checks and symptom screening.

- Upon arrival, a team member will conduct a final symptom screening, and perform a temperature check. If you are exhibiting symptoms of COVID-19 and/or have a temperature above 100.0, your procedure will need to be rescheduled.
- All patients are required to wear a face mask while in our facilities.



Personal protective equipment: Infection control is part of our daily practice and a way of life for our team members.

- All physicians, providers and team members will be wearing proper personal protective equipment, for your safety and ours. This may include masks, eye protection, gowns, gloves and face shields.
- Protective equipment may vary based on an individual's job duties, availability of supply, type of procedure or service being performed or personal comfort.

What to Expect: SARS-CoV2 RT-PCR Testing

About RT-PCR testing

RT-PCR testing is the most accurate method available for the detection of coronavirus. Not only is it highly sensitive and specific, but it is significantly faster and has a lower potential for contamination errors. Using a sample collected from a part of the body where the coronavirus gathers, such as the nose or throat, RT-PCR testing amplifies genetic markers to confirm the presence of the virus.

About the Capital Digestive Care laboratory

Capital Digestive Care encompasses a state of the art, high complexity laboratory that is certified by the College of American Pathology and has met rigorous standards set by The Centers for Medicare & Medicaid Services under the Clinical Laboratory Improvement Amendments (CLIA). It is the only independent specialty laboratory in the Mid-Atlantic states to offer RT-PCR testing for the SARS-CoV2 virus.

What to expect for your upcoming test

You will be scheduled for an appointment, during which a member of our care team will supervise you as you perform a self-swab of your interior nasal area. You will receive detailed instructions prior to your appointment. Your test will be processed and your results will be reported prior to your scheduled procedure. All Capital Digestive Care patients should have an active patient portal account in order to receive the most timely results and communications related to their care.

Charges for the test will be billed to your insurance, as is routine for any medical visit and/or ancillary service. You will be billed for only those charges deemed your responsibility by your individual insurance plan.

After your test

After your test, it is important that you follow social distancing measures per public health guidelines, until the date of your procedure. Remain at home as much as possible, keep at least 6 feet of distance between yourself and other individuals, and avoid gatherings. When in a public setting, wear a cloth or surgical mask. Notify your doctor if you become exposed to someone else who has been diagnosed with COVID-19.

Results reporting

At the time your appointment was scheduled, you should have registered for or confirmed that you have an active patient portal account. Negative results will be posted to your patient portal. If your test is negative, any planned endoscopic procedure will occur as scheduled. If your test is positive, your provider will call you and your procedure will need to be rescheduled because of the risk of transmission of the virus.

What does it mean if I tested positive for COVID-19 and am experiencing no symptoms?

If you are not experiencing symptoms, there is a good chance that you are already recovering. However, you may be contagious and must take measures to prevent others from contracting the virus from you. Your provider will recommend self-isolation for at least 10 days after you first tested positive assuming you have not developed symptoms within that time. As we are a practice that specializes in digestive disorders, we advise that you call and inform your primary care provider about your test result to receive appropriate follow up care for your infection.

Healthcare providers are required to confidentially report all positive COVID-19 results to the Department of Health. The Department of Health may reach out to you to learn more about any recent travel or close contacts to assist in containing the spread of the virus.

What does it mean if I tested positive and am having mild symptoms?

Most symptomatic patients with COVID-19 experience symptoms resembling those of a cold or flu. While there is no known cure for the coronavirus, your provider will advise you on things you can do from home to ease your recovery. You should get plenty of rest, drink lots of fluid and take over-the-counter medications to alleviate pain and help reduce fever. As we are a practice that specializes in digestive disorders, we advise that you call and inform your primary care provider about your test result to receive appropriate follow up care for your infection.

You should practice self-isolation until 10 days have passed since your symptoms first appeared, and you have been fever-free for at least 72 hours without the use of medication. Please refer to the Centers for Disease Control instructions for self-isolation. You are contagious, so it is important to stay at home and keep a safe distance of six feet from others during this time. Seek immediate and/or urgent care if your symptoms become more severe. If possible, have a friend or family member drop-off supplies during your self-isolation period so you don't have to go out.

If your symptoms become so severe that you are unable to take care of yourself, are unable to consume liquids and food, or experience shortness of breath or excessive light-headedness, you should immediately reach out to your primary care provider, or dial 911.

OSMO PREP KIT INSTRUCTIONS FOR COLONOSCOPY OR COLONOSCOPY / EGD

PATIENT: _____ **ARRIVE AT:** _____ **ON** _____

FOR A PROCEDURE APPOINTMENT WITH DR. _____

√ 5 DAYS BEFORE THE PROCEDURE:

- **Please read through this entire instruction sheet.**
- Purchase the prep prescription from your pharmacy.
- Schedule a ride home. Every patient must be escorted home by a personal friend, family member or caregiver (over 18 years old). The escort should arrive to the facility one (1) hour after the procedure appointment time.
- Patients scheduled after 3:00 pm must have an escort on site by 4:30 pm.
- A cancellation fee of \$ 150.00 may be charged if the patient reschedules or cancels within five (5) business days, before the procedure appointment.

√ MEDICATIONS

- Do not take iron supplements for five (5) days prior to the procedure.
- Aspirin, diabetic medications/insulin, anticoagulation medications, heart medications, blood thinners; must be discussed with your Physician, Nurse Practitioner or Physician Assistant at the time of the pre-procedure office visit.
- Specified medications should be taken the morning of the procedure, as prescribed, 3 or more hours prior to the procedure start time with only a small sip of water.
- Do not stop any medications unless instructed.

√ 3 DAYS BEFORE THE PROCEDURE:

- Adjust your diet to prepare for the procedure. Stop eating high fiber foods including, seeds, quinoa, nuts, beans, corn/popcorn, raw fruits, raw vegetables and bran for **three (3) days prior** to the procedure.

√ THE DAY BEFORE THE PROCEDURE:

- This procedure requires that you follow the following diet(s) on the day before the procedure. Your doctor will determine which diet you should follow.

- | | | | |
|--|-----------|-------|--------------------|
| <input type="checkbox"/> Clear Liquid Diet | Breakfast | Lunch | Dinner |
| <input type="checkbox"/> Low Residue Diet | Breakfast | Lunch | Dinner- before 4pm |

ALLOWED ON A CLEAR LIQUID DIET: apple juice, white grape and white cranberry juice, broth, tea, coffee (without milk or creamer), Jell-O, Italian Ices, popsicles, sodas, Kool-Aid, Gatorade, and water.

You should continue these clear liquids up until 4 hours prior to your procedure.

NOT ALLOWED ON A CLEAR LIQUID DIET: red, orange, and purple colored liquids, as well as the following products, milk, cream, soy milk equivalent, artificial creamer, juices containing pulp (i.e. orange, grapefruit, pineapple, tomato & V-8 juice). Solid foods are not allowed on a clear liquid diet.

ALLOWED ON A LOW RESIDUE DIET: Clear liquids as instructed, and you may also have Ensure, Boost, eggs and plain or flavored yogurt without seeds or nuts. NO other foods are allowed on this diet.

OSMO PREP KIT – DO NOT FOLLOW THE INSTRUCTIONS ON THE PRESCRIPTION

√ FOLLOW THE TABLE BELOW THE DAY PRIOR TO THE PROCEDURE:

| | |
|---|---|
| 8:00 am the day before the procedure | It is important to drink as many clear liquids throughout the day to avoid dehydration during the evening prep. |
| First Dose 6:00 pm on the day before the procedure | Take 4 pills with 8 oz. of clear liquid every 15 min for one (1) hour. Check off the boxes below to help you keep track of the doses taken. You will take 20 pills with 40 oz. of clear liquid. <input type="checkbox"/> 4 pills/8 oz. <input type="checkbox"/> 4 pills /8 oz. <input type="checkbox"/> 4 pills/8 oz. <input type="checkbox"/> 4 pills/8 oz. <input type="checkbox"/> 4 pills/8 oz |
| | Then drink at least two (2) 16 oz. glasses of water or clear liquid. |

√ FOLLOW THE TABLE BELOW SIX (6) HOURS PRIOR TO THE PROCEDURE:

| | |
|--|--|
| Second Dose Six (6) hours before your scheduled procedure time _____ | Take 4 pills with 8 oz. of clear liquid every 15 min for 30 minutes. Check off the boxes below to help you keep track of the doses taken. You will take the remaining 12 pills with 24 oz. of clear liquid <input type="checkbox"/> 4 pills / 8 oz. <input type="checkbox"/> 4 pills / 8 oz. <input type="checkbox"/> 4 pills / 8 oz. |
| Five (5) hours before your scheduled procedure time _____ | Drink at least two (2) 16 oz. glasses of water or clear liquid over the next hour. You must be finished drinking 4 hours prior to your scheduled procedure time. |
| Additional Instructions: | |

√ WHAT TO EXPECT:

- Expect to have frequent bowel movements and diarrhea within 1-4 hours. Be patient and try walking around to stimulate bowel motility. Remain near a restroom. Continue your prep and if after 4 hours you have not had a bowel movement, contact the office.
- Expect to pass clear or yellow fluid at the completion of your prep.
- You must also take the second dose of the prep even if you are passing clear or yellow fluid.
- Expect that patients who do not fully complete their prep and are not adequately prepared may be canceled or rescheduled.

√ WHAT TO DO TO MAKE PREPPING EASIER:

- Patients can use Desitin, Anusol, Tucks pads or Vaseline to coat the rectal area to avoid irritation during the prep.
- Patients can refrigerate the prep to make drinking the solution easier.
- Patients can drink the solution with Sprite, Ginger Ale or Lemonade.
- Patients can drink with a straw or hold your nose when drinking.
- Patients should slow down and take time between doses if feeling nauseous.
- Patients should continue drinking clear liquids up to four hours before the procedure. During the 4 hours before your procedure, take nothing by mouth, not even water, chewing gum or candy. **If you do, the procedure will be canceled.**

√ LAST MINUTE CHECK LIST:

- **Take your blood pressure, Parkinson's, seizure or asthma medications. Please take these medications 3 or more hours prior to the procedure start time with only a small sip of water.**
- Other than the medications above, do not take anything by mouth for 4 hours prior to the procedure.
- If a physician has prescribed for you an inhaler for asthma, bring it with you to the procedure.
- Bring with you your photo ID, insurance cards, co-payment if required.
- Leave valuables and jewelry at home and wear comfortable clothing.
- Avoid wearing perfume or lotions on the day of your procedure.

PLEASE LIST:

NAME OF ESCORT HOME: _____ RELATIONSHIP: _____

PHONE NUMBER: _____