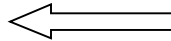


Greg S. Cohen, MD
Surgical Center Address
900 N Michigan Surgical Center
60 E Delaware Pl, 15th Floor
Chicago, IL 60611 312-695-4452



go here for the procedure

Outpatient Colonoscopy Instructions – MiraLAX/Gatorade

Your procedure is scheduled for _____, _____ .
Please arrive at _____ am/pm in order to register prior to the exam.
Plan to spend 3 hours in the Surgical Center from start to finish.

Diagnosis: _____

Please read carefully all the instructions **TODAY** and at least one week before your procedure and follow the instructions exactly. Failure to do so may result in the need to reschedule your procedure. If you have questions please call 312-695-4452 Monday – Friday, 8:00 am – 4:00 pm. After hours, we can be reached at 800-449-4929. **If you need to cancel, you must call with at least 3 business days notice in order to avoid a “no show” fee.**

ABOUT THE COLONOSCOPY

This procedure is an endoscopic examination of the colon by a physician. A thin, flexible tube with a video camera at the tip is used to examine the colon. If necessary, a small piece of tissue (biopsy) can be removed for further examination under a microscope. If a polyp is found, it can generally be removed during the procedure. You will be given an intravenous line (I.V.) in the holding area. Immediately before the procedure begins you will receive I.V. medication for sedation. The test will take approximately 30 minutes to complete. You will be returned to the recovery area where you will be monitored for at least one hour after the procedure. Every effort will be made to keep your appointment at the scheduled time, but in medicine, unexpected delays and emergencies may occur and your wait time may be prolonged. We give each patient the attention needed for his or her procedure.

- You **may not** drive, operate machinery, make important decisions, or return to work for the remainder of the day following your procedure. You may resume normal activities the next day unless the doctor states otherwise.
- You **must have** a responsible adult to accompany you home after the procedure. This person must pick you up in the Surgical Center.
- You **may not** walk, take a taxi, or any public transportation home unless you are accompanied by a responsible adult.
- If our staff cannot confirm that you have made safe plans for discharge after your procedure, your procedure will be cancelled.
- If you are unable to have someone accompany you home after your procedure, as a last resort you can arrange a ride home with **Illinois Medi Car** through Superior Ambulance Company by calling **630-832-2000**. Payment for the transport must be provided prior to or at time of service and can be made over the phone at 630-832-2000. The base rate is \$30 and the per mile rate is \$3. If you have made Illinois Medi Car arrangements for your discharge home, please inform the Surgical Center staff on the day of your procedure.

It is your responsibility to check with your insurance company to see if they require authorization prior to performing the procedure, and if required you must forward any insurance forms to our office. You should also check that the Surgical Center and anesthesia group is in your insurance network (see insurance information on page 6 of this packet).

REGARDING MEDICATION

If you are affected by any of the conditions listed below, please follow these instructions carefully.

Diabetes	Check with your physician regarding your dose of insulin and other diabetic medications needed the day before and the day of your procedure. Inform your doctor that you will be on clear liquids the day prior to your procedure. Check your blood sugar frequently while taking the prep solution and the morning of your procedure.
Heart Valve Replacement or History of Endocarditis	Prophylactic antibiotics are no longer recommended for GI procedures according to the guidelines published by the American Heart Association in 2007.
Blood Thinners: Coumadin, Plavix, Pradaxa, Xarelto, Eliquis, Savaysa, Brilanta, Effient, Lovenox	Ask the physician who prescribed your medicine how to take it before and after your procedure. If you cannot contact your physician, call us several days before your exam. If you take Coumadin, you may need a blood test two hours before your exam.
Iron Supplements	It is desirable that iron supplements be held for five days prior to your procedure.

RISKS OF COLONOSCOPY

Although colonoscopy is a safe test, there are inherent risks with all medical procedures. These risks include, but are not limited to: 1) Risk of anesthesia reactions including cardiopulmonary complications. 2) Bleeding. 3) Perforation or puncture of the colon – a rare complication that occurs once in every several thousand procedures. 4) Possibility of an incomplete exam in 1-2% of patients. 5) Possibility of missed or incompletely removed polyps. Although colonoscopy is the best test for detection and removal of polyps, it is not perfect. It is possible for polyps to be missed.

ONE WEEK BEFORE YOUR COLONOSCOPY

For best outcome, avoid eating foods that contain seeds, nuts, hulls, berries, or kernels (such as popcorn, poppy seeds, tomatoes, cucumbers, etc.). However, this instruction is not critical.

TWO DAYS BEFORE YOUR COLONOSCOPY

If you are constipated (i.e. bowel movements every 2-3 days or longer), it is recommended that you drink 10 ounces of Magnesium Citrate laxative two days before the colonoscopy so that the preparation on the day before the colonoscopy is easier and more effective. Magnesium Citrate is available without a prescription at any pharmacy. If you have kidney problems or are on dialysis, do not take Magnesium Citrate.

MiraLAX/Gatorade PREPARATION INSTRUCTIONS:

DAY BEFORE YOUR COLONOSCOPY

1. **Today you may eat LOW RESIDUE solid food until 1 pm and then NOTHING BUT CLEAR LIQUIDS AFTER 1pm. Please drink plenty of fluids.**

- Low residue foods include lean meats or ground meats, chicken, turkey, eggs, Egg Beaters, fish, white bread, pita bread, corn flakes, Rice Krispies, white rice, corn or flour tortillas, white potatoes without the skins, saltines, and pretzels.
- **YOU CANNOT EAT:** fruits, vegetables, legumes, seeds, nuts, milk, juices with pulp, oatmeal, cream of wheat, muffins, bran, whole grains, granola, or raisins.
- Clear Liquids include: water, coffee or tea without milk, strained fruit juices without pulp (apple, white grape, cranberry, etc.), carbonated beverages or soda pop, clear broth or bouillon. You may have plain Jello or Popsicles. You may have clear hard candy or gummy bears. If you are diabetic, please follow your usual dietary restrictions with regard to the liquids listed above.

2. Buy your bowel preparation at least **five days** before your colonoscopy. Purchase:

- Four Dulcolax laxative tablets containing 5mg of bisacodyl each (NOT Dulcolax stool softener).
- One 8.3-ounce bottle of MiraLAX (238 grams) or generic equivalent.
- Two 32-ounce bottles of Gatorade. (NOT RED).
- **Diabetic patients should use Gatorade G2. (NOT RED).**

3. **IF YOU ARE SCHEDULED FOR A MORNING COLONOSCOPY**

Around 5 pm, do the first half of the prep:

Mix 1/2 of MiraLAX bottle (119 grams) in each 32-ounce Gatorade bottle until dissolved. Keep cool in the refrigerator. DO NOT ADD ICE.

Around 5:00 PM on the evening before your colonoscopy, take four Dulcolax tablets. Around 6:00 PM on the evening before your colonoscopy:

- Drink 32 ounces of the mixed solution by drinking an 8-ounce glass of bowel preparation every 15 minutes for a total of four glasses.
- Fifteen minutes later, drink an 8-ounce glass of clear liquid every 15 minutes for a total of two glasses.

Around 10 pm-midnight (the later the better) do the second half of the prep:

- Take the other 32-ounce bottle of mixed solution and drink an 8-ounce glass of bowel prep every 15 minutes for a total of four glasses.
- Fifteen minutes later, drink an 8-ounce glass of clear liquids every 15 minutes for a total of two glasses.
- You may continue to drink clear liquids up to three hours before your exam.

4. **IF YOU ARE SCHEDULED FOR AN AFTERNOON COLONOSCOPY**

Around 5 pm, do the first half of the prep:

Mix 1/2 of MiraLAX bottle (119 grams) in each 32-ounce Gatorade bottle until dissolved. Keep cool in the refrigerator. DO NOT ADD ICE.

Around 5:00 PM on the evening before your colonoscopy, take four Dulcolax tablets. Around 6:00 PM on the evening before your colonoscopy:

- Drink 32 ounces of the mixed solution by drinking an 8-ounce glass of bowel preparation every 15 minutes for a total of four glasses.
- Fifteen minutes later, drink an 8-ounce glass of clear liquid every 15 minutes for a total of two glasses.

Approximately 5-6 hours prior to your scheduled arrival time do the second half of the prep:

- Take the other 32-ounce bottle of mixed solution and drink an 8-ounce glass of bowel prep every 15 minutes for a total of four glasses.
- Fifteen minutes later, drink an 8-ounce glass of clear liquids every 15 minutes for a total of two glasses.
- You may continue to drink clear liquids up to three hours before your exam

5. In order to perform a successful colonoscopy, the colon must be cleaned of fecal material. This is accomplished using this preparation and will stimulate your colon to purge itself, and result in many trips to the bathroom. You will probably start to have a bowel movement within 1 to 2 hours of drinking the laxative. The laxative may cause cramping and rapid elimination of stool.

WHAT TO EXPECT ON THE DAY OF YOUR COLONOSCOPY

- You may brush your teeth and have small sips of clear liquids until 3 hours before your procedure.
- You may take your usual medications with small sips of water. If you use inhalers, prescription eye drops or nasal sprays, you may take them as you would normally and then bring them with you.
- Please bring your **MEDICATION LIST** with you.
- If you have a colostomy or ileostomy, please bring an extra set of stoma supplies (flange, pouch, etc.) so that your stoma pouch can be replaced following the procedure.
- Wear comfortable clothing that is easy to remove and **leave jewelry and any other valuables at home.**
- Please limit your visitors to 1 or 2 friends or family members. Please speak with one of the Surgical Center staff members if you have a special circumstance or request.
- Parking is available in the Surgical Center. See page 5 of this packet for information. Remember to bring your parking ticket with you for validation.
- You will be required to show a photo ID, verify insurance information, address, phone number, and e-mail address.
- If you are concerned that you have been waiting too long after you have checked in, please speak to the front desk staff or a Surgical Center staff member.
- You will be brought into the Surgical Center where a nurse will review your medical history, current medication list, and that you have taken your preparation appropriately. You will be asked to put on a hospital gown. An intravenous line (IV) will be started for your sedation during the procedure. If you are female, you will be offered a pregnancy test prior to the procedure, per Surgical Center policy. If you have a history of falling or fainting, please tell the nurse before the IV is placed.
- During the procedure, your heart rate, blood pressure and oxygen level will be monitored.
- You will be required to sign a consent form with the doctor prior to your procedure.
- When your procedure is done, you will remain in the recovery room for **at least** 1 hour.
- You may still experience effects from the sedation, such as being tired and forgetful, for a few hours after your procedure.
- The recovery room nurse will review what you should expect to feel for the remainder of the day. If you had a colonoscopy, this includes feeling some gas pain. If you have had an upper endoscopy, you may have a sore throat.
- After the procedure, you will receive preliminary results and follow-up instructions.
- When you leave the Surgical Center, please remember to take all of your belongings and your discharge instructions.

Directions to

900 North Michigan Surgical Center
60 East Delaware Place, 15th Floor
Chicago, IL 60611
Phone (312) 440-5150

From the North via I-90/94

1. Traveling Eastbound on I-90/94, exit at Ohio Street, Exit #50-B
2. Proceed east for nine blocks to Michigan Avenue and turn left.
3. Continue for eight blocks to Walton Street and turn left.
4. The Self-Park entrance is on your immediate left-hand side of Walton Street.

From the South via I-57

1. Traveling Northbound on I-57, continue to I-94 West.
2. Exit at Ohio Street, Exit #50-B
3. Please follow 1st set of directions #2-4.

From the West via I-55 or 290

1. Traveling Northbound via I-55 or Eastbound via I-290
2. Continue to I-90/94 West.
3. Exit at Ohio Street, Exit #50-B
4. Please follow 1st set of directions #2-4.

From the East (Indiana)

1. Traveling Northbound on I-65, continue to I-90 West.
2. Exit at Ohio Street, Exit #50-B
3. Please follow 1st set of directions #2-4.

Parking – See Parking Directions for details

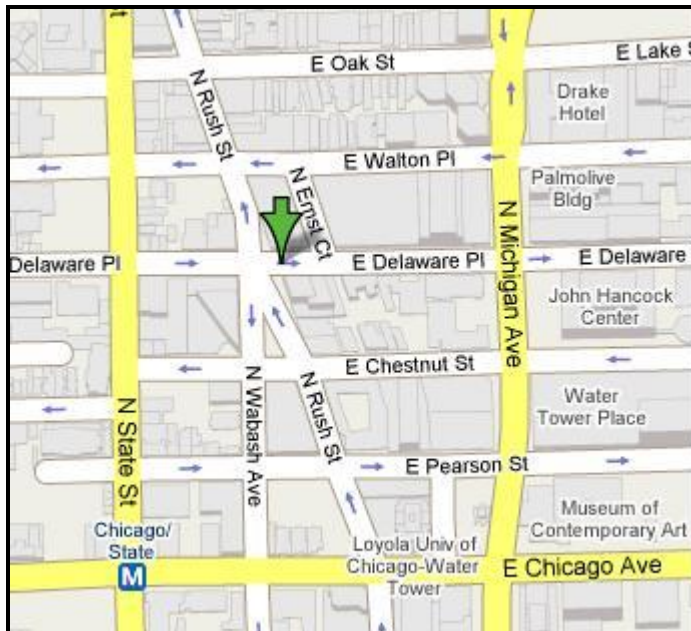
There are two choices for parking. The 900 North Michigan Self-Park has entrances on both Walton Street and Rush Street. You must bring your ticket with you to be validated by our front desk and 3 hours of parking will be free. Or you can use NCR Valet Parking at the corner of Ernst Court and Delaware Place which is free with validation between 6 am and 9 pm. Please take the *Delaware Place* elevators (south end of the building) to the 15th floor to reach the Surgical Center. If you entered the garage through the Walton Street Entrance, you must proceed to the 8th floor first, and then transfer to the Delaware Place elevators to reach the 15th floor.

Via CTA train

The nearest train station is the **RED LINE** – Chicago Ave station. We are one block east and three blocks north from this station.

Via CTA bus

The following buses stop within a block of our location: 22, 36, 66, 70, 143, 144, 145, 146, 147, and 151.



Insurance Information

When your procedure is performed at the 900 N Michigan Surgery Center, besides Dr. Cohen's fee there will be 2 charges to your insurance: (1) a facility fee from the surgery center and (2) a fee from the anesthesiologist. For your reference, below are the insurance plans accepted by the surgery center and anesthesiology group. For further information you can contact:

Ludwika (Vicky) Lasota
MHS Revenue Cycle Manager
Magna Health Systems
7456 S State Rd, Suite 301
Bedford Park, IL 60638
P: (708) 930-1203
F: (312) 858-6104
LLasota@magnasys.com

Elizabeth Gutierrez
MHS Assistant Manager
Magna Health Systems
7456 S State Rd, Suite 301
Bedford Park, IL 60638
P: (708) 930-1206
F: (312) 858-6104
EGutierrez@magnasys.com

Below is some further information about the surgery center which you may need to check if they are in your insurance network.

Full Name of the Facility: The Surgery Center at 900 North Michigan Avenue
Facility's NPI: 1932136389
Facility's TIN: 364234488
Facility's Physical Address: 60 E Delaware, 15th Floor, Chicago, IL 60611

900 N Michigan Surgery Center Contracted Payers

Aetna	Humana Golden Rule
Aetna Medicare Advantage	Medicaid
BCBS	Medicare
BCBS Medicare Advantage	Tricare
Cigna	UFCW - Local 1546 Health and Welfare Fund
Cigna Healthsprings	United Health Care
Harken Health	Union Health Services (UHS)
HFN	Workers Comp
Humana	

Ambulatory Anesthesiologists of Chicago (AAOC) Contracted Payers

Advocate Health Centers (AHC)	Humana
Aetna	Medicaid
BCBS Community Options	Medicare
BCBS - Fox Valley Medicine – HMO	Spraying Systems
BCBS - NMPP – HMO	United Health Care
BCBS PPO	Union Health Services (UHS)
Cigna	Workers Comp
DOL	Meridian / Wellcare
Health Alliance	



Medical Expertise
Personal Attention
Compassionate Care



900

NORTH
MICHIGAN
SURGICAL
CENTER

You've come to
the right place.



900 North Michigan Surgical Center consistently meets the needs of area specialists by providing state of the art equipment and technology in a convenient, private and cost-effective setting. This pairing of an outstanding team of doctors and nurses with the latest surgical equipment and facilities is why 900 North Michigan Surgical Center is the recognized leader in outpatient surgery in Chicago.

Your physician has determined that surgery is needed to restore optimum health and that the procedure is appropriate for 900 North Michigan Surgical Center. Your physician will schedule a convenient date and time for your surgery.

Any pre-operative testing that may be required will be scheduled at that time. Your physician may ask you to come to 900 North Michigan Surgical Center for some of your testing. If so, you should call 312.440.5150 extension 310 or 311 to schedule a time for testing. All other test results performed elsewhere should be forwarded to 900 North Michigan Surgical Center five days prior to surgery by mail or fax 312.440.5151 or 312.440.5156. This time frame allows the physicians and nurses to review laboratory results prior to surgery in order to ensure that you have the best possible care.



Prior to Surgery

Once your doctor has scheduled your procedure, our nurse will call you to obtain your medical history, discuss the scheduled procedure, describe the admitting process, and give specific instructions for the day of surgery. This is also a good time for you to ask questions and discuss any concerns you might have. We make every effort to contact you prior to surgery; however, if our nurse is unable to reach you on the day before surgery, call 900 North Michigan Surgical Center at 312.440.5150 extension 310 or 311 and confirm your reservation with the

Center. In addition to any instructions given to you by your doctor, the following items must be noted:

- You must not eat, drink or smoke anything (including water, gum or mints) after midnight (12 AM) on the day of your surgery.
- If you are taking prescribed medications, check with the nurse who calls from the Center or your physician to see if you should continue to take them (with a small sip of water) on or before the day of surgery.

The Day of Surgery

Please refer to the back of this brochure for specific instructions regarding the location of the surgery center and parking instructions. You should plan on arriving at the Center at least 1 to 1.5 hours before the scheduled time of your surgery or according to instructions given by your physician. Please be certain to bring a photo ID and a copy of all of your insurance cards with you on the day of surgery. Once you arrive at 900 North Michigan Avenue, please proceed to the parking structure that adjoins the building, accessible on Walton Street or Rush Street. The south elevators, along Delaware Place will take you directly to the 15th Floor. Please proceed to our reception desk.

- Our administrative staff will welcome you and your family and friends in our spacious waiting room until it is time for you to prepare for surgery. WIFI is available in the waiting area for internet access.

- Once admitted, you will proceed to your private room and be asked to change. Although you will be given a space to protect your clothing and personal belongings, it's always best to leave jewelry and items of value at home. 900 North Michigan Surgical Center unfortunately cannot be held responsible for any lost items.
- Prior to surgery please remove all makeup, nail polish, hairpins, wigs, false eyelashes, eyeglasses, contact lenses, hearing aids and dentures (full or partial). Please bring in a container from home to store these items.
- Your nurse will take your temperature, blood pressure and pulse and ask you a few questions regarding your health.
- Prior to surgery, your anesthesiologist will explain to you the anesthesia your physician has chosen for your procedure.



Fees and Payments

900 North Michigan Surgical Center's fees are based on the type and duration of surgery performed. Our fees cover the facility, routine surgical supplies, and nursing care. You are responsible for the facility fee and any additional testing or specialty items that were ordered by your physician. Depending on insurance coverage, your doctor and the anesthesiologist will bill you separately for their services.

900 North Michigan Surgical Center has contracts with major HMOs and PPOs and participates in the Medicare program. Our staff is happy to help you with any insurance pre-certifications or authorizations that

are now required by many insurance companies. We automatically submit primary, secondary, and supplemental insurance claims for all facility fees, assuring you of optimal payment coverage. After we receive payment from the insurance company, any outstanding balances will be sent to your attention for payment.

If you do not have insurance coverage, or if certain procedures are not covered by your insurance plan, a member of our staff will contact you prior to surgery to discuss payment options that are available to you. Feel free to contact us at any time with payment and insurance related questions. We are here to help.



The Outpatient Surgery Alternative

We live in a wonderful time. Continual advancements in the diagnosis and treatment of disease enable us to live longer and more productive lives. Technological advances in the practice of medicine have introduced new, less invasive techniques to the operating room. Procedures that once required hospitalization are now routinely performed safely and conveniently in freestanding ambulatory surgery centers, allowing you to recover in the privacy and comfort of your own home. In fact, greater than 60% of all surgeries performed in the United States are performed in the safety and security of same-day “ambulatory” surgery centers. 900 North Michigan Surgical Center is such a facility. 900 North Michigan Surgical Center’s attention to quality care and patient comfort is why physicians increasingly choose to perform surgery at our Center.

900 North Michigan Surgical Center is licensed by the State of Illinois Department of Public Health, accredited by the Joint Commission for accreditation of Healthcare

Organizations (JCAHO) and qualifies for Medicare facility coverage. In addition to these honors, 900 North Michigan Surgical Center has been certified as a Bariatric Center of Excellence by the Surgical Review Committee, placing it among the top academic institutions in the country for bariatric care. Since 1999, 900 North Michigan Surgical Center has performed more than 40,000 outpatient surgical procedures, and is recognized as a leader in providing outpatient surgical facilities and services.

The team of physicians and surgeons who operate at 900 North Surgical Center is highly-trained and fully-credentialed. In addition, experts in the field of ambulatory anesthesiology are on site to monitor your care. These professionals are supported by a staff of caring and experienced nurses, surgical technicians and administrative personnel. The singular focus of our Center’s staff is providing you, and every patient, with the highest level of medical expertise, personal attention, and compassionate care.

“Recent advances in medical technology, combined with refinements in the delivery of health care services, have made outpatient surgery centers a safe, convenient and cost-effective alternative for many surgical patients. 900 North Michigan Surgical Center—a fully-licensed, JCAHO accredited free-standing surgical facility—offers the security and quality of a hospital, but with greater comfort and convenience.”

Jay F. Kiokemeister, DO, MPH
Medical Director





After Surgery

Following surgery, our team of nurses will monitor you closely throughout the recovery phase. Your family members and caregivers may join you in the recovery area once you are ready for visitors. Typically you will be kept in the recovery area for ninety minutes following surgery. Our nursing staff will provide you with your physician's instructions prior to your discharge. It is important that you follow all of these instructions.

- Prior to the day of surgery, arrange for a responsible adult to drive you home. We will be happy to call the individual when you are ready to be discharged home. Under no circumstances will a patient be allowed to leave our care without a responsible adult to drive home.
- If a car ride is not available we will be happy to call a cab when you and your responsible caregiver are ready to leave.
- Arrange to have a responsible adult with you for 24 hours following your surgery.
- Do not take medications other than those prescribed by your doctor(s) following surgery and listed on your Medication Reconciliation sheet. This includes tranquilizers and nonprescription, over the counter medications.
- Ask your doctor when it is safe to resume taking your usual medications.
- Do not drink alcohol for 24 hours following surgery.
- Do not drive for 24 hours following your surgery.
- Follow your discharge instructions carefully; they are for your well being.
- Our nurse will call you the day after surgery to ask how you are doing. If you miss our phone call, please call us at 312.440.5150 and let our recovery team know how you are feeling.
- If you have any questions, or experience any complications, please call your physician or our staff... We are here to help.
- Get plenty of rest following your surgery, and enjoy the comfort and convenience of recovering in your own home.

Welcome to 900 North Michigan Surgical Center, located at 60 East Delaware Place on the 15th floor of the Medical Annex. We would like to take this time to provide you with some basic instructions regarding the location and accessibility of our facility.

Contact us

www.900northsurgical.com

312.440.5150 tel

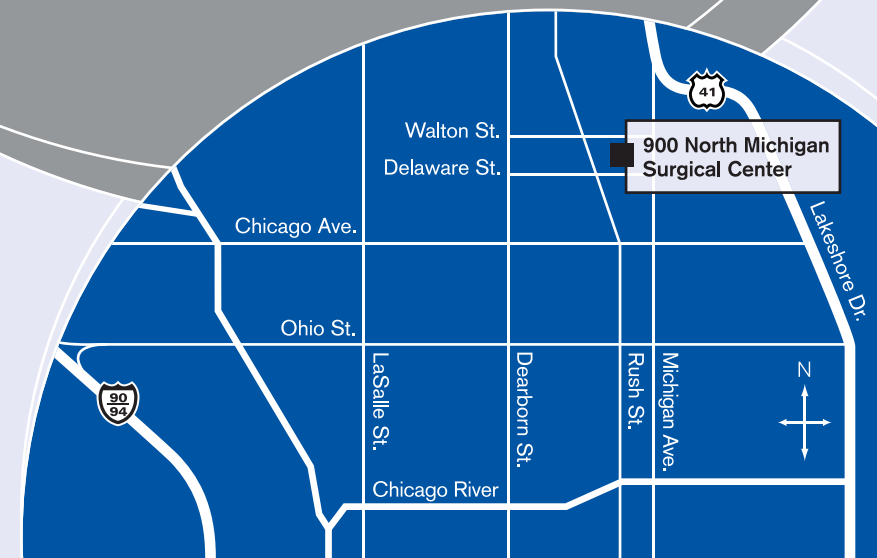
Facility Location and Transportation

900 North Michigan Surgical Center is located adjacent to the Bloomingdale's shopping mall. Our facility is on the 15th floor of the Medical Annex, and can

be directly accessed using the South elevators. Parking is available within the building. Pedestrian access is via the elevators at 60 East Delaware Place.

Parking Facilities

- The 900 North Michigan Self-Park has entrances on both Walton Street and Rush Street.
- You must bring your ticket with you when you check in to be validated by our receptionist.
- Please take the Delaware Street elevators to the 15th floor to reach the surgical center.
- If you entered the building through the Walton Street entrance, you must proceed to the 8th floor, then transfer to the Delaware Place elevators to reach the 15th floor.





60 East Delaware Place
15th Floor
Chicago, IL 60611

312.440.5150 tel
312.440.5151 fax

www.900northsurgical.com

